

GOOD DEEDS PHILIPPINE TOY LIBRARY • A CHILD'S TRUST IS OURS TO NURTURE

Mom to 7 Boys
AGES 3 TO 16!

Inside! All New
CHICKEN
Recipes

GOOD HOUSEKEEPING

THE NO.1 FAMILY AND HOME MAGAZINE

PHILIPPINES • SEPTEMBER 2015

**how to save for
your kids' college
fund now**

Teens Reveal
**"what i don't tell
my parents"**

More Bliss, Less Stress
**quick tricks to make
you happy**

No-Fuss Day Trip
**tayo na sa
antipolo!**

Wardrobe Staples
**just 5 items you need
in your closet**

5 Types of Headaches
**how to beat
them all**

**BEAUTY
SECRETS OF 12
HOLLYWOOD
STARS**

Lifestyle Change
**"how i finally
lost 170 lbs."**

**EASY MEALS!
DINNER IN
20 MINUTES**

family condo
a space for art & play



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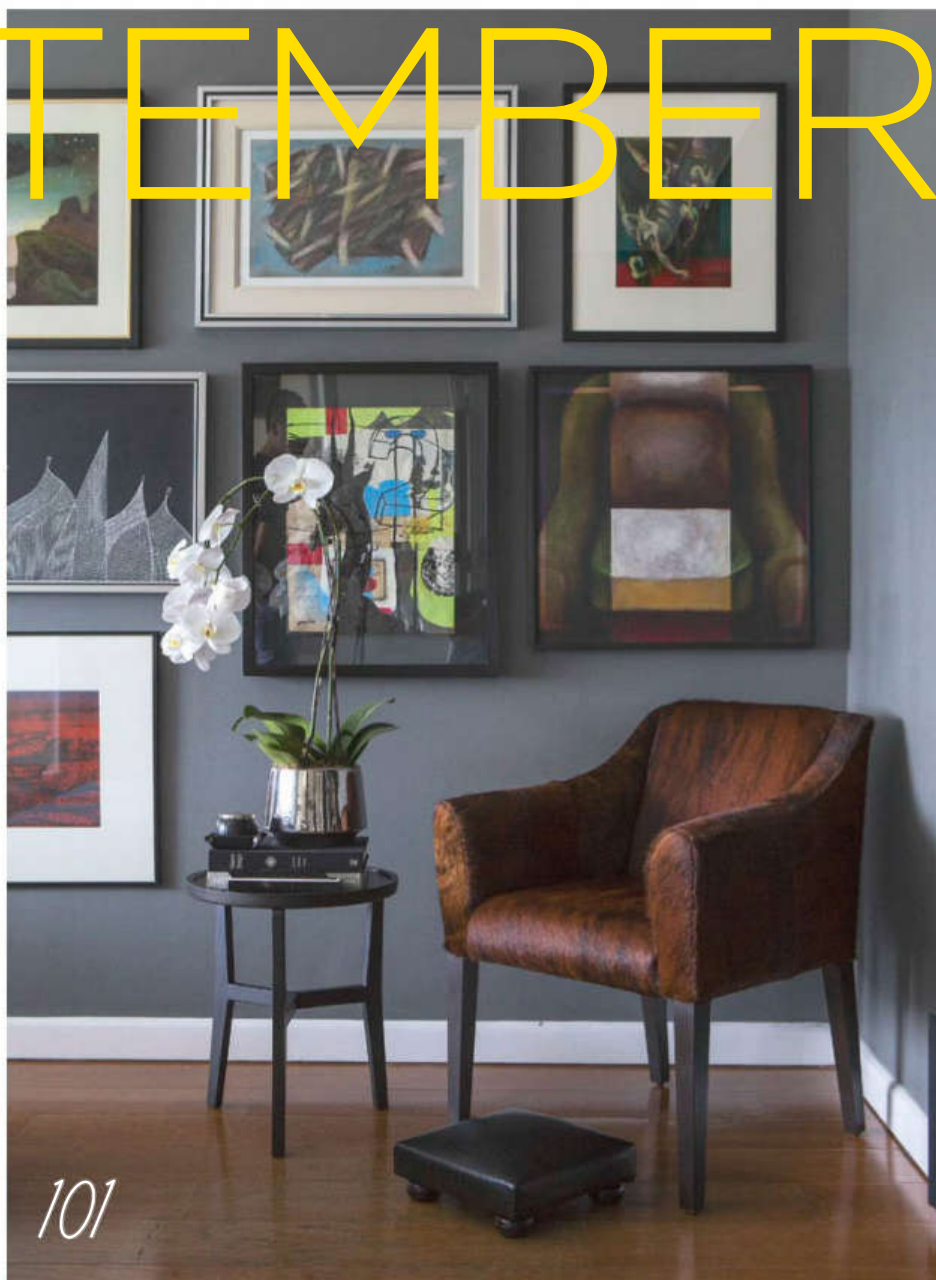
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Going for MAGIC

WHEN WE STARTED paying regular attention to the good that people do, many things just magically made themselves clear to us.

We saw that there are actually far more nice people out there than we might ever have imagined.

That they come from all circumstances and backgrounds—middle-class couples, call-center agents, college students, religious adult males, rich single females, public school teachers, famous celebrities, visiting foreign nationals, young-folk-still-on-allowance, and moms and dads.

That having money in their hands is not what propels people to act on their causes or see them through. What does is a kind of quiet and slow enlightenment as much as a strong and sudden epiphany; a sensibility shaped by the years as much as a pressing sensitivity to something looming out there; an inner, solo journey to change as much as a change forged in the company of others.

Coming to this magical clarity has made us, at GH, feel even stronger that our “Good Deeds” section is one we must see as special. And why not? When good work is being done in so many places by so many, without thought of gain, without fear of using up precious time—there is hope, and hope becomes no longer just something we want to believe in. It’s already out there.

Jo-Ann Q. Maglipon
GROUP EDITORIAL DIRECTOR



Baby STEPS

I MUST CONFESS, WRITING this month’s money story (“Investing in the Future”) nearly gave me an anxiety attack. Based on my computations, I’ll need about P4 million by the time my son goes to college just to send him to school. And that doesn’t include his yearly tuition fee until then!

It’s more than a little overwhelming, but I’m trying to approach it in a calm, logical manner. The first thing I needed to do was take a long, hard look at my budget. I tracked my expenses for four weeks to see where my money was really going, and the experience was enlightening. I learned that I tend to spend a lot on dining out, which I never really felt guilty about before—but the numbers showed that those pricey meals really add up. So, I’m trying to be more mindful about my food expenses now. It’s not P4 million, but it’s a start.

I also realized that this same principle can be applied to other areas of my life. I often wonder where my day went, and so my next project is to track how I really spend all my hours. (I’m both hesitant and curious to see how much time I waste on Facebook.) From there, I can figure out how to make more productive use of my time. Maybe with the hours that I save, I can finally hold that garage sale, or try that intimidating recipe, or even learn French.

Whether it’s P4 million or a new language, big goals can seem intimidating. But breaking them down into smaller, more manageable steps gets you from dreaming to doing.

Tisha
Tisha Alvarez Angluben
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My favorite article in the May issue was if it was still possible for a family to enjoy some quiet time in Boracay, despite its evolution into a party destination. "Boracay Unplugged" reminded us that the best way to enjoy some quiet time is to avoid those peak months. Sure, the weather may not be at its finest, but at least I'll be enjoying my favorite beach with the ones I love most.

Apreeel Villanueva Garcia, Rizal

I am an avid fan of your magazine. I love the ideas, information, perks, and tips that you impart to your readers. I have a suggestion though. I noticed that most of the articles target married women with children and single moms. It's all good, nothing wrong with that. But why not add a column for married women with no kids (like me) and single women? There are a lot of us out there.

Marie Christine Moreno, Pasig City



I enjoyed your May 2015 issue. It covered so many topics. I enjoyed your no-bake cake recipes ("Let Them Eat Cake"), which our kids loved and tried this summer! More interesting topics to come, please! Keep it up, GH!

Kenneth Andes, Cavite



I love your feature about Pope Francis's visit ("My Time with the Pope," May 2015). I'm not a Catholic, but it really gives me more insight into how he's been able to touch so many lives. He's one great person and now I know why people look up to him! Aside from that, I also love your piece about Jennylyn Mercado (At My House). I'm a fan and seeing her featured made me happy! I look forward to more insightful features in the future!

Marieta Mendoza, via Facebook

Love this issue? Is there something you want to read about in GH? Tell us what you think! Email us at ghphilis@summitmedia.com.ph, or message us through [facebook.com/goodhousekeeping.ph](https://www.facebook.com/goodhousekeeping.ph).

ERRATUM: Managing Editor Maita de Jesus apologizes for the misspelling of Mrs. Christine Araneta-Ferreira's name in our Household Help and Cleaning Tips pages (July 2015). Mrs. Araneta-Ferreira's first name was erroneously published as Christina.



4 MILESTONES YOU SHOULD ACCOMPLISH BEFORE TURNING 40

A home, a car, and growing liquid assets: are these still the goals of the modern woman?

Proper management of finances is key to fulfilling your life goals, especially if you are hoping to achieve them by a certain age. With planning and the help of a trusted financial institution like BDO, you can be well on your way to securing your and your family's future. Read on and find out the essential milestones that you should consider.

Your own property

The modern woman needs a home of her own where she can relax, be herself, entertain friends, and build a family. Whether you want to buy a condominium unit, renovate your existing home, or build a house from the ground up, BDO Home Loan can provide you with financing options that suit your needs, with low interest rates and flexible payment terms of up to 20 years.

A small business

Being an entrepreneur is exciting and fulfilling, especially when the time comes to expand. BDO's SME Loan helps you grow your business and take opportunities as they arrive—be it updating your equipment, purchasing additional inventory, or the construction of a new facility or branch. Its flexible payment terms of up to 10 years and varied financing facilities make it ideal for long-term business growth.



A car

Taking into account the transportation system in the city, having your own car is essential. Now getting one is easy with BDO Auto Loan. Take your pick among brand new or pre-owned cars and take advantage of BDO's flexible payment plan, up to a maximum of six years for brand new units and four years for pre-owned vehicles. With BDO Auto Loan, you can be exactly where you need to be, hassle-free and on time.

Substantial savings fund

Whether you're in the corporate world or running your own business, setting aside a portion of your monthly income for savings is of utmost importance. Allocate your hard-earned money properly, and allot at least 30% of your earnings into a nest egg that should only be used for emergency cases. This way, you'll have peace of mind, knowing that you have money to spare if and when the need arises.

At BDO, we will make it possible for you to realize your goals. We offer loan packages based on your lifestyle and budget—with low interest rates and flexible payment terms matched with personal and expert handling of applications. We'll work with you to provide a financing option that you'll be able to manage without worry and difficulty.

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Faux leopard ponyhair flats, P8,800, French Sole, Unit 772, B3 Building, Bonifacio High Street, BGC, Taguig City; (632) 738-6624



An elegant way to store trinkets

HAVE SOME LOBSTER

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Teapot card, P25, cup gift tags, P10 each, Papemelroti, Glorietta 3 2/L; (632) 625-0359



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IMREADY FREE

IMReady gives updated information on conditions affecting day-to-day life. Developed by GMA News and Public Affairs, it tells you everything from the traffic situation (with updates from the Metro Manila Development Authority, or MMDA), the weather situation by the hour, class suspensions, and even oil price hikes and rollbacks. It also features content from the different GMA News Online sections, including sports, showbiz, and lifestyle.



UBALERT FREE

If you want up-to-the-minute news about disasters—both natural and man-made—all over the world, download this app. It shows practically everything, from volcanic eruptions in the Philippines to shootings in the United States. You can choose to check out only the disasters within or near the Philippines via the Map feature, or scroll through a list of the disasters, with the most recent one listed on top, via the Alert List feature.



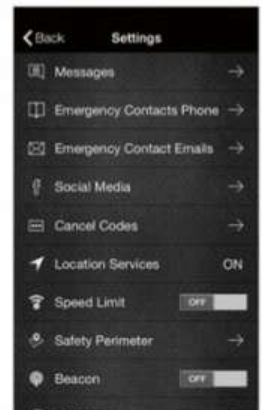
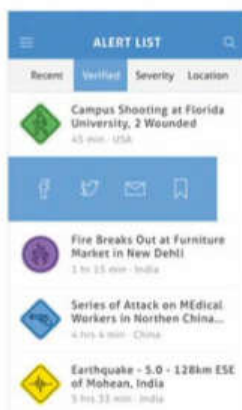
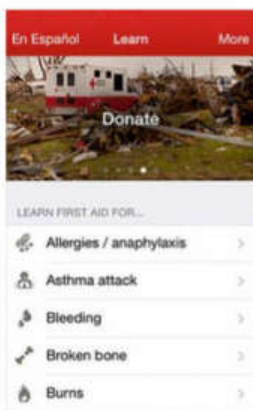
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Send out invites to your family via email, and once they accept, you'll be able to see their whereabouts, as long as their smart phone's global positioning system (GPS) location services are on. Make other groups (called circles) to keep track of other loved ones. It also has a private messaging service within the app, a check-in service to let everyone know that a certain member of the circle has arrived at his/her destination, and a panic button to send an SOS message to everyone in the circle.



PANIC SOS BUTTON PLUS FREE

Input your emergency contacts' numbers and email addresses, link the app up to your Facebook and Twitter accounts, and hope you won't ever need to use this technology. This app lets you alert your chosen contacts, and it posts automatically on your Facebook wall and Twitter feed if you're in danger—so use only for real emergencies.



Text by Maita de Jesus. Photographs courtesy of The App Store.

YOU CAN HELP GIVE YOUR CHILD AN AMAZING CHILDHOOD
WHEN YOU'RE ASSURED THEY'RE PROTECTED.

#LAKINGAMAZING

ACTIVITY OF THE MONTH: THE SUPER SPY NETWORK

Rainy season means making the most out of your time indoors. With this #LakingAmazing activity, staycation can be as fun as going outdoors. Give your kids an amazing time with some old school telephone fun. Create your very own spy headquarters with a Super Spy Hotline!



AMAZING FACT: Role-playing will help your child develop various muscles and will spark his or her imagination too. The activity is also a way for your kid to be more sociable and make new friends.

MATERIALS: flashlight, old boxes, 2 plastic cups, string

STEPS:

1. Tell your kid to find a secret hiding place in the house or the backyard. That will be the headquarters of the Super Spy Network.
2. To make the Super Spy hotline: make a very small hole at the bottom of the cups with a pushpin (Be careful!).
3. Insert each end of the string in each of the cups and create a knot. Stay at a distance and keep the string straight and tight when making a call.
4. Ask your child to invite some friends over and let the spying begin. Malay mo, your kid could be the next international super secret agent sensation!

Not even the rainiest days can keep the fun away! Your next mission, should you choose to accept, is to log-on to www.lakingamazing.ph and upload your Laking Amazing photos! Don't forget to like NIDO, 3+ on Facebook!

TIP: Your kid's secret headquarters might be dusty or dirty or even damp because of the rain. Protect your child by cleaning up the HQ and keeping it dry. Aside from that, help build his body defenses with proper nutrition and NIDO, 3+, the only milk with Lactobacillus PROTECTUS.



Laking NIDO, PROTEKTADO

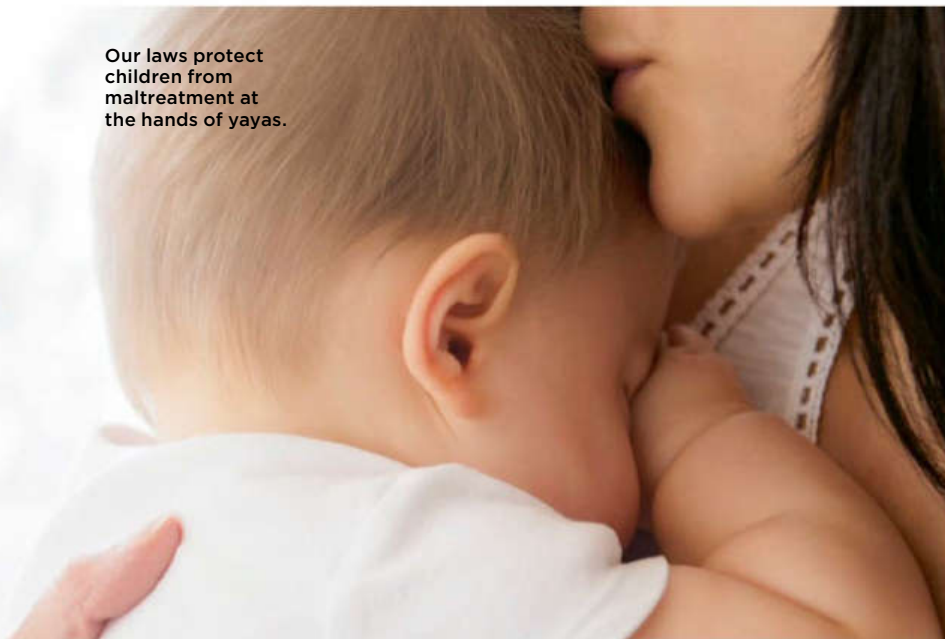
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Good Food, Good Life

Your questions ANSWERED

Our laws protect children from maltreatment at the hands of yayas.



FAMILY LAW

Q MY YAYA MALTREATED MY TODDLER. SHE PINCHED HIM, FORCED HIM TO EAT, AND DRAGGED HIM AROUND OUR HOME. WE CAUGHT HER ON OUR CCTV. WE REPORTED HER TO THE POLICE, AND WHEN SHE WAS CAUGHT, SHE WAS LET GO SINCE THERE WASN'T ANY WARRANT OF ARREST YET. WAS THAT THE CORRECT THING TO DO? WHAT ACTIONS CAN WE TAKE TO PUT HER BEHIND BARS?

You did the right thing by installing a CCTV camera and reporting the nanny's acts of abuse to the police. But there is still something you must immediately do: file a criminal complaint against her at the Prosecutors' Office of the city or municipality where you reside.

The Anti-Child Abuse Law (R.A. 7610) gives parents of the victim the authority to file a complaint for child abuse against the offender. You can seek the help of a lawyer to help you draft a complaint against the yaya, which will be submitted to the prosecutor's office. The good thing is, you have strong evidence against her because of the CCTV footage you gathered.

Unfortunately, for now, the police cannot keep her in custody. You have to file a complaint first, and when the investigating prosecutor finds probable cause, an Information (a legal term meaning the case is elevated to the Court from the the Prosecutor's office) indicting her for child abuse will be filed in Court. The Court will then issue a warrant for her arrest. That is the time she can be arrested and detained. She may only be released if she posts a bail bond or if she is, subsequently, acquitted, which is unlikely, considering your evidence. —Atty. Rita Linda V. Jimeno

Q I'm a single mom and I would like to get a Solo Parent ID. I was told by our Human Resources personnel that I should go to the Department of Social Welfare and Development (DSWD). What other requirements should I prepare, and what's the process?

A solo parent is someone who is left alone with the responsibility of parenthood, due to either death or abandonment of the spouse or co-parent, or due to legal separation or annulment of the marriage. This includes anyone who assumes the role of a parent over a child, whether related or not. Under the Solo Parent Act, solo parents are entitled to additional benefits, such as health, educational, or housing benefits, as well as a flexible work schedule and parental leave, which may be enjoyed on top of other labor benefits provided by law.

In order to obtain a Solo Parent ID from the DSWD, you need to prepare the following documents:

- Barangay certification that you have been residing in the barangay for the last six months;
- Affidavit of circumstance stating your reason for becoming a solo parent;
- Relevant documents such as birth certificates of children, death certificate of spouse, etc.;
- Income tax return, pay slip, or any document that will establish your income.

Not all local government units require the affidavit of circumstance, so it is best to call your local DSWD first. Your Solo Parent ID should be issued after 30 days from application, and it shall be valid for a year. At the expiry of the ID, you can reapply, and it shall be subject to re-evaluation by the DSWD.

—Atty. Rita Linda V. Jimeno

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CAREER COUNSEL

Q IS IT ALL RIGHT TO BE EMPLOYED AND STILL CONTINUE TO RUN MY PERSONAL BUSINESS? WILL THIS GET ME IN TROUBLE WITH MY EMPLOYER?

Your employer pays you a salary to do a job function which helps meet company objectives. You are there to help the company stay profitable and competitive. If you have a personal business on the side, make sure none of those expectations are compromised because of your personal venture. Check your employment contract and handbook to see if there are guidelines regarding this. If having a business is not mentioned in your contract, keep your business activities above reproach.

- Never use your company's products or service secrets, ideas, information, client lists, or processes to make money for yourself. Your business should survive on its own, not because it's piggybacking on your employer.
- Don't compete with your company in any way—don't sell a similar service or product, which your company or any of its affiliates also provide.
- Keep your job and your business separate, and stay focused on each one at the right time. If your office hours are 8 a.m. to 5 p.m., then only do your business activities before or after that time. Ideally, you shouldn't conduct activities for your business in your employer's office. In addition, have separate tools from those your company provides (such as a personal laptop and your own printer for your own business needs), and don't use your employer's resources for your business.
- Lastly, as an employee, you are a representative of your company, so engage only in activities or businesses that do not conflict with, or compromise, your image as an employee.

—Malou Trenas Del Castillo

Keep your personal business and your job as an employee separate.

EMPLOYEE HANDBOOK

KEEP IT REAL

Q MY BROTHER AND HIS LIVE-IN PARTNER HAVE BEEN STAYING WITH US IN OUR EXTENDED FAMILY HOME FOR A COUPLE OF MONTHS NOW. I DON'T WANT MY KIDS TO GET THE IMPRESSION THAT LIVING TOGETHER BEFORE MARRIAGE IS OKAY. WHAT SHOULD I DO?

We believe that the most important value we need to uphold is the ideal of love, which is inclusive of differences and is nonjudgmental. Clearly, this ideal is hard to achieve. We see the challenge you currently face as a situation that urges the practice of this ideal. The example you live is the greatest teacher of how you want your children to live their lives. More powerful than your words is the way you treat your brother and the way you live your own life—they exemplify your ideals to your children.

We understand that you disapprove of your brother's lifestyle and don't want it for yourself and your children. You can be clear about that with your children, both in words and deed. At the same time, you can also show your children that this does not have to get in the way of treating your brother and his partner in a loving and supportive manner.

In raising your children, you might find yourself talking to them about various topics, including those

that pertain to intimate relationships, sexuality, and marriage. Without judging your brother and his chosen lifestyle, you can explain to your children that people can make different choices. You can teach your children that some choices are more parallel with certain values than others, and you would like to teach them to live by the values that are important to you. You can then tell them that you have tried to live according to these values, and hope that they can learn from your example.

As your children get older and understand the nuances of differing points of view, you can also point out to them the pros and cons of making different choices. This is a good opportunity to teach them respect for diversity and differences. You can point out that choosing one's lifestyles does not mean that one has to put down choices that other people make.

—Boboy Alianan and Vange Alianan-Bautista

THE EXPERTS



CAREER COUNSEL
Malou Trenas Del Castillo is a career consultant at Lee Hecht Harrison, a career transitions company.



HEALTH CHECK
Angela G. Sison-Aguilar M.D. specializes in Obstetrics and Gynecology.



FAMILY LAW
Atty. Rita Linda V. Jimeno is a managing partner at Jimeno Cope & David Law Offices.



KEEP IT REAL
Boboy Alianan and Vange Alianan-Bautista practice clinical psychology at PsychConsult, Inc.



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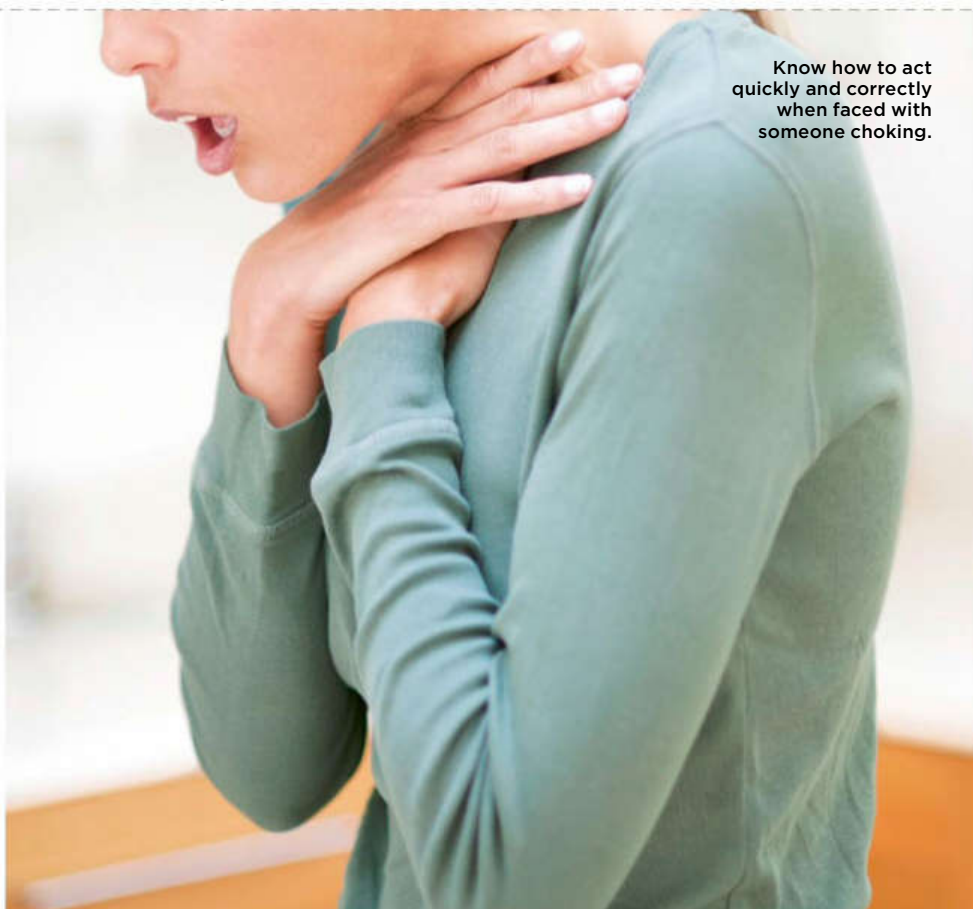
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Know how to act quickly and correctly when faced with someone choking.

HEALTH CHECK

Q WHAT SHOULD I DO IF I WANT TO HELP SOMEONE WHO'S CHOKING?

First, assess the situation. Is the person who appears to be choking an adult, a child, or an infant less than one year of age? If the airway is partially blocked, the person will still be able to speak, cry, or breathe. Encourage them to cough it out if they can understand instructions; inspect the mouth of the infant, or the very young child, if there is indeed an object blocking the breathing passage.

If an infant appears to be choking, place the little child on your lap, face down across your thighs, and try to gently dislodge the object blocking the airway using five gentle taps on the middle of the infant's back using the heel of your hand. You should also be calling for help at this time, should your initial measures fail and the situation takes a turn for the worse. This means that the infant is turning blue and can no longer speak, cry, or even breathe.

For adults or older children, attempt to do a Heimlich maneuver: Stand behind the person and wrap your arms around him or her, above the waist and just below the sternum or the chest bone. Your hands should be interlocked, with one thumb of one fist pointing toward the person's chest. Apply an abdominal thrust by pulling your arms towards you with enough force as to nearly lift the person off the floor. This will hopefully deliver enough pressure to dislodge the object—usually food, sometimes dentures—blocking the airway. Apply five abdominal thrusts and then five back blows alternately, until the obstruction is cleared, but do all this while someone else is already calling for professional help.

You can learn the Heimlich maneuver as well as the skills to perform initial cardiopulmonary resuscitation (CPR) through training with your local Red Cross chapter (redcross.org.ph). Who knows? One day you may be able to save a loved one with your skills. —Angela Sison-Aguilar M.D.

I'M AFRAID I MIGHT HAVE AN ULCER. I GET STOMACH PAINS AFTER EACH MEAL, AND IT'S ONLY RELIEVED WHEN I LIE FACE-DOWN ON THE BED. WHAT ARE THE SIGNS OF AN ULCER, AND HOW IS IT TREATED?

Pain, felt commonly after meals, is the most common symptom of a stomach ulcer. Other symptoms can be nonspecific, like dyspepsia, heartburn, even coughing and feeling full.

To confirm if an ulcer is the cause of your condition, you may have to undergo an endoscopy, wherein a small telescope in a flexible tube will be passed to your stomach through your mouth. If pain is caused by an ulcer, a break in the lining of your stomach or intestines will be seen.

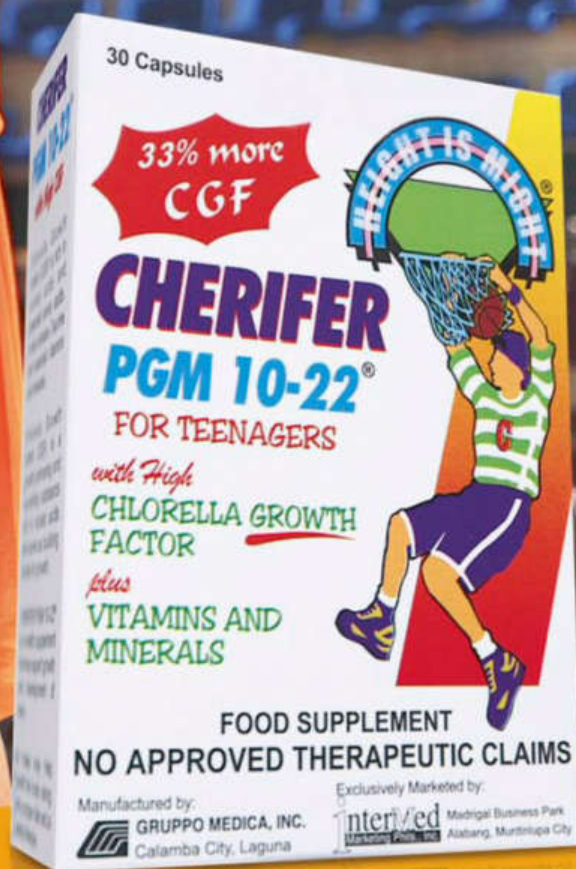
An ulcer is commonly caused by a type of bacteria called *Helicobacter pylori*. You'll be given medication to control these bacteria, and you'll also be asked to remove other factors that might contribute to ulcer formation (steroids, some pain relievers, smoking). You may also be asked to limit your alcohol and caffeine intake.

Other medications include antacids and protein pump inhibitors to control your symptoms and to try to heal the ulcer. Hopefully, it is not too advanced as to cause bleeding and anemia. If this is the case, you may have to undergo surgery. —Angela Sison-Aguilar M.D.

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your KITCHEN

CHICKEN RECIPES • FOOD NEWS • WEEKNIGHT DINNERS

chip-coated CHICKEN STRIPS

These delectable chicken fingers are made extra crispy by grinded, cheese-flavored corn chips in the breading.

TAKES 50 MINUTES
MAKES 20 STRIPS

RECIPE, PAGE 26

Chicken Run

Your family will do the funky chicken once they taste these new chicken recipes! Versatile chicken—whether roasted, grilled, or fried—is easily prepared and, when seasoned just right, emerges juicy and full of flavor.

potato chicken **FRITATA**



TAKES 30 MINUTES
MAKES 6 SERVINGS

RECIPE, PAGE 28

Packed with potatoes and chicken chunks, this hearty egg dish makes a great breakfast.

coffee-marinated **ROAST CHICKEN**

Who would have
thought that chicken
marinated in coffee
could be so
delicious?

TAKES 60 MINUTES
PLUS OVERNIGHT MARINATING
AND RESTING
MAKES 6 SERVINGS

RECIPE, PAGE 26

chicken BARBECUE sticks

Vanilla extract added to the marinade ups the flavor profile of this tasty barbecue. No need for liquid smoke!

TAKES 60 MINUTES
PLUS OVERNIGHT MARINATING
MAKES 8 STICKS

RECIPE, PAGE 28

GRILLED CHICKEN *packets*

These lightly seasoned chicken packets can be made the night before, ideal for when you're short on time.

TAKES 40 MINUTES
MAKES 4 SERVINGS

RECIPE, PAGE 28

CHIP-COATED CHICKEN STRIPS

All cheese-flavored corn chips, even potato chips, will work.

TAKES 50 MINUTES
MAKES 20 STRIPS

- 1 c. rolled oats
- 2 bags (72 grams each) cheese-flavored nacho chips
- 1 c. cheddar cheese, grated
- 1 tsp. salt, or to taste
- 1/2 tsp. freshly ground black pepper, or to taste
- 1/3 c. all-purpose flour
- 1/2 c. yogurt
- 1/4 c. milk
- 4 large boneless chicken breasts, cut into large strips
- Salt and ground black pepper, to taste
- Sour cream, to serve
- 1 Tbsp. fresh cilantro, finely chopped, to serve
- Oil, for frying

1 Place oats and chips in a food processor, and process for 20 seconds or until coarsely ground; transfer to a shallow bowl. Stir in cheese, salt, and pepper. Set aside.

2 Place flour in a shallow bowl. Season with salt and ground pepper. Mix yogurt and milk in a medium bowl. Season chicken strips with salt and ground black pepper.

3 Prepare breading station: place in order, starting with the flour, then yogurt, and finally, the chip mixture. Grab a chicken strip and toss in flour. Then dunk in yogurt mix. Roll in the chip mixture until covered completely. Transfer to a baking sheet and repeat with remaining chicken strips until all are breaded. Set aside.

4 Heat a frying pan over medium heat. Pour in enough oil to reach halfway up the sides of the pan. In batches, place chicken strips into the hot oil and fry until both sides are cooked through. Drain on paper towels.

5 Mix sour cream and cilantro in a small bowl. Serve chicken strips immediately with the sour cream dip.



COFFEE-MARINATED ROAST CHICKEN

Make sure to use enough sugar and salt when seasoning the marinade, or the strong coffee can leave a bitter taste.

TAKES 60 MINUTES PLUS OVERNIGHT
MARINATING AND RESTING
MAKES 6 SERVINGS

- 2 c. water
- 2 Tbsp. instant coffee dissolved in 2 Tbsp. hot water
- 1/4 c. salt
- 1 tsp. ground black pepper
- 1 tsp. ground cinnamon
- Zest from 1 orange
- 3 Tbsp. sugar
- 3 cloves garlic, finely smashed
- 1 tsp. red pepper flakes
- 1 1/2 kg. whole chicken, trussed
- 1 Tbsp. oil
- Salt and ground black pepper, to taste

1 Mix ingredients: water, coffee, salt, pepper, cinnamon, zest, sugar, garlic, and red pepper flakes. Put mixture in a large container, with a lid, before adding the chicken in. Cover, and chill at least 4 hours or overnight.

2 Preheat oven at the highest setting.

3 Remove chicken from the mixture, and pat dry. Discard marinade. Rub chicken with oil, salt, and ground black pepper. Transfer chicken to a roasting pan; place in the preheated oven. Turn down temperature to 350°F, and roast chicken until internal temperature is 155°F. Remove from oven, and let rest at least 10 minutes before carving. Serve while hot.

CHICKEN SHAWARMA SALAD WITH GARLIC SAUCE

Check out Seven Spice Shop* in Quezon City for hard-to-find and other exotic spices.

TAKES 20 MINUTES PLUS
OVERNIGHT MARINATING
MAKES 4 SERVINGS

- 1/2 tsp. ground cumin
- 1 tsp. ground cardamom
- 1/2 tsp. ground coriander
- 4 cloves garlic, finely chopped
- 1 c. yogurt
- 4 boneless chicken breasts
- 1 medium head iceberg lettuce, core removed, sliced
- 2 heads baby romaine lettuce, torn into bite-sized pieces
- Salt and ground black pepper, to taste

For the Garlic Sauce:


- 1 head garlic, peeled
- 1 small potato, peeled, chopped small
- 2 tsp. lemon juice
- 3 Tbsp. olive oil
- Salt, to taste

1 Mix spices, garlic, and yogurt in a medium bowl. Season chicken breasts with salt and pepper, and then place in marinade. Toss to mix thoroughly. Chill overnight or at least 2 hours.

2 Meanwhile, make the sauce: Put garlic and potatoes in a small saucepan, and fill with enough water to cover them. Place over medium heat, simmer, and cook until garlic and potatoes have softened. Transfer to the bowl of a mini food processor, reserving liquid, then process. As the processor is running, drizzle in lemon juice and olive oil, and season with salt, to taste. Process until sauce is the consistency of a dip. Thin down with reserved liquid, if needed. Chill until needed.

3 Heat a grill pan over medium heat. Remove chicken from its marinade and grill until cooked through. Set aside to rest.

4 Divide lettuce among 4 bowls. Chop chicken into chunks, and use to top each bowl. Serve with garlic sauce on the side or drizzle over each bowl.



The garlic sauce is used as a dressing in this recipe, but it also makes a great dipping sauce for other dishes, like chicken fingers.

CHICKEN SHAWARMA SALAD *with garlic sauce*

TAKES 20 MINUTES PLUS
OVERNIGHT MARINATING
MAKES 4 SERVINGS

RECIPE, PAGE 26

CHICKEN BARBECUE STICKS

No barbecue sauce? Mix soy sauce, sugar, ketchup, and water to make a quick marinade.

TAKES 60 MINUTES PLUS OVERNIGHT
MARINATING
MAKES 8 STICKS

1/2 kg. boneless chicken, thighs or breasts, skins removed
1/2 c. prepared barbecue marinade
1/2 tsp. salt, or to taste
1 tsp. Spanish paprika
1 Tbsp. honey
1 Tbsp. vanilla extract
1 Tbsp. brown sugar
1 Tbsp. chili-garlic sauce
8 BBQ sticks, soaked, or as needed

For the Mustard-Mayonnaise Dip:

1 c. mayonnaise
1 1/2 Tbsp. prepared yellow mustard
1 tsp. lemon juice
Salt and ground white pepper, to taste

1 Cut boneless chicken into large cubes. Set aside in a bowl.
2 In a bowl, whisk barbecue marinade, salt, paprika, honey, vanilla, sugar, and chili-garlic sauce until well combined. Pour over chicken. Mix and chill overnight, or at least 2 hours.
3 Meanwhile, make dip: In a medium bowl, mix all dip ingredients together. Season with salt and ground pepper to taste. Chill until ready to serve.
4 Preheat a charcoal grill.
5 Skewer chicken chunks with soaked bamboo sticks. Place on the grill, and let stay until cooked through on both sides. Serve while hot with mustard-mayo dip.



POTATO CHICKEN FRITTATA

Great for using up leftover veggies and chicken from last night's dinner.

TAKES 30 MINUTES
MAKES 6 SERVINGS

4 Tbsp. oil, divided
3 medium potatoes, peeled, cubed
1 medium red onion, peeled, sliced
2 cloves garlic, peeled, chopped
2 tomatoes, cored, chopped
2 boneless chicken breasts, chopped
1/2 tsp. Spanish paprika
1 c. frozen green peas, thawed
4 large eggs
2 Tbsp. mayonnaise
2 Tbsp. spring onions, greens only, chopped, to serve
Sour cream, to serve
Salt and ground black pepper, to taste

1 Heat oil in a large nonstick frying pan over medium-high heat. Add potatoes and cook, stirring regularly to prevent sticking. Season with salt and pepper, to taste. Fry until potatoes have browned and are tender. Transfer to a bowl. Set aside.
2 In the same pan, sauté onion, then garlic, and finally, tomatoes. Cook until each has softened. Add chicken, and sauté until cooked through. Season with paprika, salt, and ground pepper. Return potatoes to the pan, and stir to mix with chicken mixture. Stir in peas.
3 Whisk eggs with mayonnaise until well combined. Pour over potatoes and chicken. Shake pan to distribute eggs evenly, then cover. Lower heat to low, and cook until egg is just set in the middle of the pan. Remove from heat. Cut frittata into wedges, and top with sour cream sprinkled with spring onion. Serve while hot.

GRILLED CHICKEN PACKETS

Open the packets, and roast for another 5 minutes to brown the chicken, if desired.

TAKES 40 MINUTES
MAKES 4 SERVINGS

4 chicken leg quarters, divided into legs and thighs
2 tsp. ground basil leaves
4 cloves garlic, sliced thinly
4 pieces chorizo bilbao, sliced
1 can (400 grams) chickpeas
1 c. frozen edamame beans
1/2 c. olive oil
1/2 c. white wine, divided
1/2 c. chicken stock, divided
Handful of basil leaves, torn small, to serve
Salt and ground black pepper, to taste

1 Preheat oven to 375°F.

2 Generously season chicken pieces with basil, salt, and ground black pepper.

3 Tear 4 long pieces of foil and lay on the counter. Divide garlic, chorizo, chickpeas, and edamame evenly on the bottom third of each foil length. Place a chicken leg and thigh on top of chickpea mixture. Drizzle olive oil, white wine and, finally, chicken stock, over each piece of chicken. Fold over the foil to cover chicken. Starting on one edge, begin folding edges all around each foil packet until completely sealed. Place on baking sheet, and put in preheated oven. Bake 25 minutes.

4 Remove from the oven, and place each packet on a plate. Using scissors, open each packet by cutting the middle and peeling back the foil until the chicken is exposed. Sprinkle with basil leaves, and serve while hot.



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Weeknight **EASY**



TAKES 20 MINUTES

CHILI STEAK WITH HAWAIIAN RICE

DIRECTIONS: Heat grill on medium-high. Rub 2/3 kg. **skirt steak** with 2 tsp. **chili powder**, 1 1/2 tsp. grated **lime peel**, and 1/2 tsp. **salt**. Grill 3 to 4 minutes per side or until desired doneness. Transfer to cutting board, and let stand 5 minutes. Meanwhile, toss 2 c. chopped **fresh pineapple** with 1 c. packed **fresh cilantro leaves**, finely chopped, and 3 c. cooked **white rice**. Thinly slice steak and serve with rice. Garnish with lime wedges. **Serves 4.**

Photographs by Mike Garten. Food styling by Sherry Rujikarn. Text and recipes from U.S. *Good Housekeeping*.



TAKES 20 MINUTES

BBQ-RANCH CHICKEN WRAPS

DIRECTIONS: Preheat oven to 425°F. In a large baking dish, toss 1/2 kg. thin **chicken breast cutlets** with 1/4 c. **barbecue sauce**. Bake 20 minutes or until cooked through. Meanwhile, in a large bowl, whisk 1/4 c. barbecue sauce; 1/3 c. **buttermilk**; 2 **green onions**, finely chopped; 1 Tbsp. **cider vinegar**; and 1/4 tsp. **salt**. Transfer cooked chicken to cutting board, chop into bite-sized pieces. To bowl with dressing, add 1 large head **romaine**, chopped; 1 medium **red pepper**, seeded and chopped; 1 c. fresh or frozen (thawed) **corn**; and chopped chicken and toss until well-coated. To serve, divide among 4 large plain or spinach **soft tortilla wraps**; fold to enclose filling. **Serves 4.**



TAKES 20 MINUTES

MEDITERRANEAN COD

DIRECTIONS: In a 10-inch skillet, combine 1 c. **marinara sauce** and 2 medium **zucchini**, chopped; heat to simmering on medium. Sprinkle 3 **cod fillets** (about 2/3 kg. total) with 1/4 tsp. each **salt** and **pepper**; add to simmering sauce. Cover; cook 7 minutes or until cod is just opaque throughout. While cod cooks, in 5-quart saucepot, heat 1 Tbsp. **olive oil** on medium. Add 2 cloves **garlic**, chopped, and 1/4 tsp. **crushed red pepper**. Cook 1 minute, stirring. Add 1/2 kg. **spinach** and 1/8 tsp. salt. Cover; cook 5 minutes or until spinach has wilted, stirring occasionally. On plates, top spinach and sauce with cod. Serve with a whole-wheat roll. **Serves 4.**

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kitchenGUIDE

To the latest kitchenware and foodie finds



DELICIOUSLY ROLLED

A cinnamon roll is soft, chewy bread that is filled with a mixture of ground cinnamon and brown sugar, rolled and sliced into thick rounds before being baked (with its cut side facing up to show the swirl of filling), and topped with cream cheese frosting.

Cinnabon has perfected the art of making cinnamon rolls, including how to update its already perfect recipe. With the simple addition of choice ingredients every quarter, their special limited-edition rolls, like this Mixed Berry Minibon, are just some of the many creations you can sample.

Visit facebook.com/CinnabonPH, or follow @cinnabonphilippines on Instagram.



FOR THE LOVE OF CHEESE

The handheld grater is the unsung hero of the savvy cook's list of essential kitchen gadgets. Using a grater (like Alessi's Cheese Please) to finely grate a wedge of Grana Padano over a plate of Bolognese is sure to get the appetite going. Grate potatoes (and onions, too) for homemade hash browns. It's the best tool to use when you need to finely "chop" chocolate or ice-cold butter (for the flakey crust that tops chicken pastel).

Visit the Alessi Flag Store, Bonifacio High Street, Bonifacio Global City, Taguig, or conlinsstore.com for more information.

A CUISINE BEYOND PASTA AND PIZZA

Italian food seems synonymous with pasta and pizza, but that's just the tip of the Italian iceberg. The Italian Market introduces you to all the other culinary wonders this cuisine has to offer. Its salad, the Panzanella, is more than just dressed greens; large, crunchy croutons are made more flavorful, browned in bacon oil. Freshly made and seasoned sausages flavored with anise seeds are served on a cutting board, and can easily serve six or more. You'll need more than just one serving of olive rice.

Best of all, The Italian Market serves authentic cannoli, crunchy shells filled with a cream cheese mixture studded with mini chocolate chips. The sampler features one of each flavor: orange chocolate chip, ricotta honey pistachio, and the strawberry amaretto. And yes, its pizzas, like this Earth Bread, are just as crisp and thin as Italians would have them.

The Italian Market by Murray's New Orleans (under the Red Crab Group of Restaurants) is located at 2/L, Newport Mall, Newport Boulevard, Resorts World Manila, Pasay City. Call (632) 403-8926 and (63917) 589-2342 for reservations and more information.





A PASSION FOR *cooking*

Join your favorite actress in her kitchen! Judy Ann Santos-Agoncillo's first cookbook, *Judy Ann's Kitchen*, is the result of her passion for cooking. The expectant mom trained with renowned Chef Gene Gonzalez, and her newfound knowledge has resulted in a cookbook that features not just her favorite comfort food, but also recipes that she cooks for herself and her family.

With the recipes in this cookbook, you get to try the dishes that Judy loves: Triple Chocolate Champorado and Chicken Sopas, to the more complex Lemon Cake with Thyme and Lavender, and Grilled Shrimps (skewered with lemongrass stalks) with Jicama Salsa.

Judy Ann's Kitchen is exclusively available at National Book Store and Powerbooks, and online at nationalbookstore.com. Call (632) 888-8627 within Metro Manila, 1-800-10-888-8627 for outside Metro Manila, or text (63998) 888-8627 or (63917) 874-7269. Hotlines are open daily from 8 a.m. to 10 p.m. Follow National Book Store on Facebook, Twitter and Instagram @nbsalert, and tag #JudyAnnsKitchen.



INGREDIENTS SAFELY STORED RIGHT

Take a look at your pantry and kitchen countertop, and if you see half-empty packs of dried pasta or a large, rolled-up bag of flour littering those shelves, then it's time to invest in food containers.

Not every food container is the right choice. Whether it's going to hold a kilo of flour or sugar, canisters shouldn't rust and must have an airtight seal that can also keep bugs and unwanted odors out. Glass containers are great for showcasing the ingredients on your countertop, but when you have kids in the house, glass isn't the safest option. In this case, elegant plastic containers—these three are branded Urban Kitchen—are a great alternative.

Urban Kitchen is available at all leading department stores. Visit facebook.com/UrbanKitchenPhilippines for more information.

SANDWICHES, SANDWICHES!



A traditional café is more known for its coffee than its food, but that's not what Café France is all about. Its menu of French pastries also includes a wide range of gourmet sandwiches for when you're hunting for merienda.

If you want chicken, the Hickory Chicken has chicken chunks in hickory BBQ sauce topped with alfalfa sprouts in a ciabatta bun, while the Oriental Baked Chicken is a roast chicken fillet and omelet sandwich. The Crunchy Shrimp showcases beer-battered shrimps with honey-mustard sauce stuffed into a baguette. But the ultimate French sandwich title goes to Farmer's Ham, Brie, and Raspberry: raspberry jam on a ciabatta bun with tomato, lettuce, ham, and—the piece-de-résistance—wedges of soft brie.

Sandwiches, all served with potato chips, start at P160. Café France has 42 branches nationwide. Visit facebook.com/CafeFrance for more information.



SOFTNESS, **REDEFINED**

This Japanese cheesecake is so delicate, the tiny, sweetened treat threatens to fall apart before it's even consumed. And that's exactly what Kumori Japanese Bakery wants its customers to bite into: breads and pastries so soft, it's like biting into a cloud.

Beyond this incredible cheesecake, which also comes in a chocolate version, are other equally scrumptious baked offerings, including the Krone, a pastry tube filled with a creamy egg custard and sprinkled with powdered sugar; the Matcha Soft Bun and Cream Buns, soft breads also filled with a creamy custard and topped with green tea; and a perfectly flakey butter Croissant that can make any Frenchman sigh with delight.

Kumori Japanese Bakery is located at the lower ground floors of Landmark Makati and SM Makati. Visit facebook.com/kumoriph for more information.



FREE EATS AND BIG *discounts*

Get free food as well as exclusive discounts at select restaurants and bars, when you use your Visa card—whether you're a prepaid, debit, or credit card holder. Some offers: “Buy One, Take One” at Paprika (restaurant in Bonifacio Global City) and Detoxify Bar (with branches in Eastwood, Alabang, Bonifacio Global City, and Shangri-La Plaza in Mandaluyong City), and 30 percent off your total food-and-drinks bill at Hooch and Lulu (both in Makati City).

But you have to hurry as this offer lasts until September 16 only! Just remember to present your Visa card at any of the 45 participating bars and restaurants, and expect to be rewarded.

See the full list of restaurants and their offers under the Epic Dining Curations by Visa promo at visa.com/ph/personal/dining.

AUTHENTIC CHINESE FOOD AT HOME

If you love Chinese food, then you know that the flavors and tastes of authentic Chinese food require specific ingredients. But the good news is that you no longer have to go on a trip to Binondo just to get those special ingredients.

Whether you're making Yang Chow Fried Rice, Kung Pao Chicken, or just a simple stir-fried dish, you'll need essential Chinese ingredients to make it all taste just right, and Lee Kum Kee can help you recreate these favorite Chinese dishes. From chili-garlic sauce to oyster sauce, Lee Kum Kee offers a range of seasonings that is the perfect addition to any Chinese-inspired dish.

Lee Kum Kee products are at major supermarkets nationwide. Visit philippines.lkk.com/en/Kitchen for more information.



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ASD REF. NO. ZD1000000102

CREAM OF MUSHROOM SOUP

how much time do you have?

15
min.

SHRIMP IN CREAMY TOMATO- MUSHROOM SAUCE

3 Tbsp. olive oil
4 cloves garlic, minced
1/2 kg. shrimp, peeled,
deveined (about 15 pieces)
1/2 tsp. Spanish paprika
1 can (298 grams) condensed
cream of mushroom soup
1 1/2 Tbsp. sun-dried tomato
pesto
1/4 tsp. red pepper flakes
Basil leaves, to serve
Salt and ground black pepper,
to taste

HEAT olive oil in a large frying pan over medium-high heat. Add garlic, stirring about 30 seconds until garlic is just softened. Add shrimp, and cook both sides until each has just turned opaque. Sprinkle shrimp with paprika, stir to coat, and transfer to a plate. Set aside.

ADD mushroom soup to the pan, and stir vigorously to melt condensed soup into a sauce. Stir in sun-dried tomato pesto. Season with red pepper flakes, salt, and ground pepper to taste. Return shrimp to the pan, and let sauce simmer until all are heated through. Serve immediately.

Makes 4 servings.

We used condensed soup for each of these recipes, but the powdered variety makes a good sub.

30
min.

POTATO AND MUSHROOM CHOWDER

5 strips of bacon
1 medium onion, chopped
3 cloves garlic, chopped
1/2 c. button mushrooms, sliced
3 medium potatoes, peeled, cubed
1 Tbsp. all-purpose flour
1 1/2 c. water, or as needed
1 can (298 grams) condensed cream of mushroom soup
1 can (142 grams) Vienna sausages, drained, chopped
Salt and ground black pepper, to taste

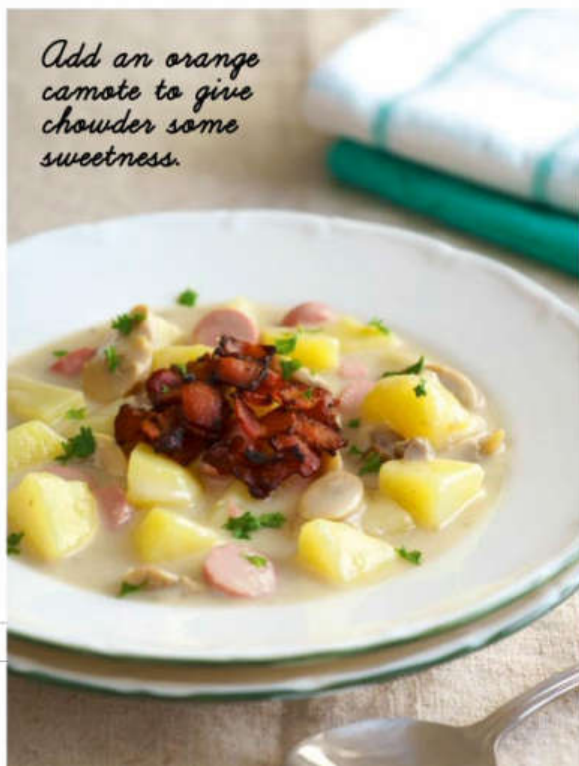
COOK bacon until crisp in a pot over medium heat. Remove bacon from pot, and transfer onto paper towels. Set aside.

RETURN pot to the heat, and sauté onion and then garlic in the bacon oil until softened. Add mushrooms, and cook until heated through. Add potatoes. Sear potatoes in the hot bacon oil until they just start turning translucent at the edges.

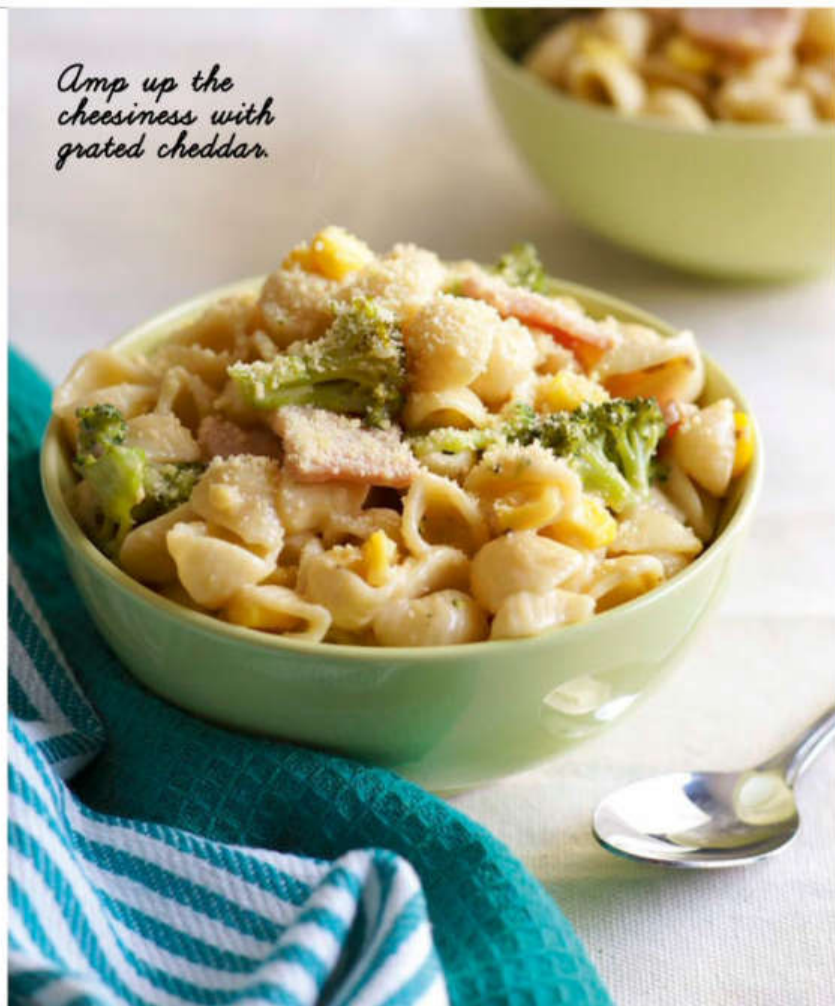
SPRINKLE in flour, stir to coat potatoes and mushrooms, and mix into the bacon oil. While stirring, pour in enough water to cover potatoes. Bring to a boil, then let simmer, uncovered, until potatoes are tender.

ADD mushroom soup once potatoes are tender, and use a whisk to break up any lumps as the soup heats. Stir in sausages, and simmer chowder until just heated through. Season with salt and ground black pepper, to taste. Ladle into bowls, and top each with crumbled bacon. **Makes 6 servings.**

Add an orange camote to give chowder some sweetness.



Amp up the cheesiness with grated cheddar.



20
min.

BROCCOLI, CORN, AND HAM MAC 'N CHEESE

300 g. shell pasta
1/4 c. butter
1 small red onion, peeled, sliced thinly
1 can (400 grams) sweet corn kernels, drained
4 slices ham, sliced into squares
1 small head broccoli, florets only

1 can (298 grams) condensed cream of mushroom soup
1 pack (115 grams) cheese spread
Parmesan cheese, grated, to serve
Salt and ground black pepper, to taste

1 Heat a large pot of water to a boil over high heat. Salt the water, and add pasta. Cook until al dente. Drain and keep warm. Set aside.

2 Meanwhile, in a medium pot over medium heat, melt butter, and sauté onion until translucent. Add corn, ham, then broccoli, and cook, stirring, until corn and ham are heated through and broccoli is a bright green. Add mushroom soup and cheese spread into the pot. Melt cheese and soup, using a whisk to break up lumps and combine the two.

3 Add cooked pasta into the pot with mushroom-cheese mixture, and stir with a wooden spoon to mix thoroughly. Season with salt and ground black pepper, to taste. Serve in bowls while hot, sprinkled with Parmesan. **Makes 8 servings.**

If you haven't heard of



Bloopers Reel:
Andi & Ellie



Cute Girl Tries to Hide
Evidence She Had Too
Many Candies



The 7 Habits of
Highly Productive
Moms



10 Telltale Signs A
Little Boy Lives in
your House

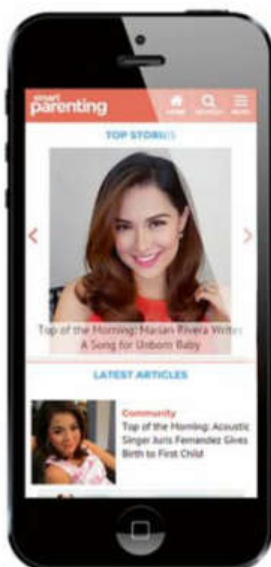


Behind the Scenes:
Fab and Fit Momma
Ina and Her 5 Kids



Behind the Scenes
with Kristine
Hermosa and Kids

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A woman is shown from the waist up, wearing a black sports bra. She is holding two orange dumbbells, one in each hand, and is in the middle of a bicep curl. The background is blurred, showing what appears to be a gym setting with blue equipment.

your BODY

HAPPINESS HABITS • HEADACHES • VARICOSE VEINS • DROP 5 LBS.

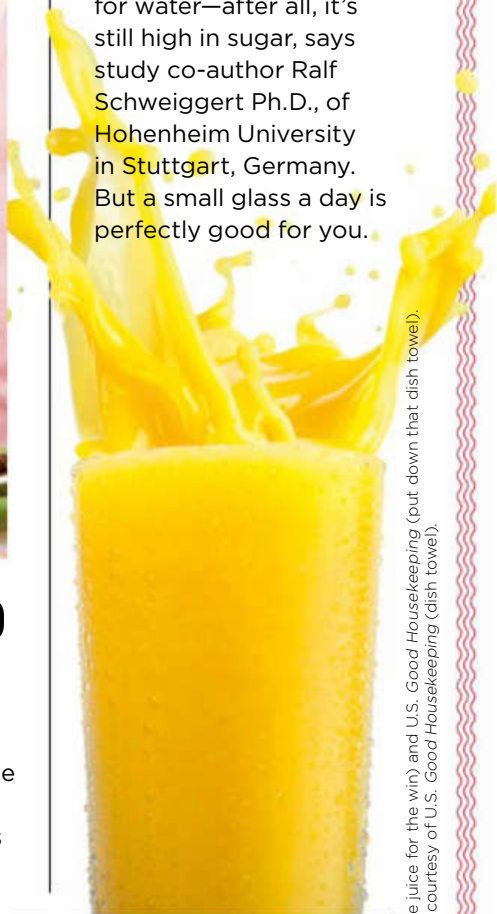
WHY THE WEIGHTS CAN'T WAIT

A surprising new reason to strength train? Lifting for just 20 minutes may improve memory by 10 percent, finds a 2014 study from the Georgia Institute of Technology in the U.S. Researchers think temporarily stressing muscles using bands, dumbbells, machines, or your own body weight releases hormones that benefit memory. So strength training right after trying to memorize something (say, key talking points for a presentation) could make you more likely to retain the info.



ORANGE JUICE FOR THE WIN

Whole fruit, schmole fruit. New research published earlier this year shows it's easier to absorb the nutrients from a glass of orange juice than from the fruit itself. That doesn't make juice a substitute for water—after all, it's still high in sugar, says study co-author Ralf Schweiggert Ph.D., of Hohenheim University in Stuttgart, Germany. But a small glass a day is perfectly good for you.



Invest IN YOUR RELATIONSHIP

All the time you spend with your husband may help you both live longer, suggests new research published this year. Being isolated is as much of a threat to longevity as obesity is. "But the quality of your relationship also matters," says study author Julianne Holt-Lunstad Ph.D., an associate professor of psychology at Brigham Young University in Utah. "The happiest couples are responsive to each other's needs." Which means it's your turn to refill the popcorn bowl.

Put down the dish towel

This sink mainstay may be the germiest thing in the kitchen, according to a 2015 study published in the journal *Food Protection Trends*. Scientists filmed people preparing meat that had been coated with bacteria and assembling a fruit salad. About 90 percent of the fruit wound up contaminated, largely because most of the participants used one towel to dry their hands during the cooking process. Ick! Wash your hands more often and more thoroughly (20 seconds of rubbing! Warm water and soap!) and trade cloth towels for paper ones.





HOW TO ADD FLAVORS, NOT CALORIES

Cookout staples like ketchup and mayo can add just as much sugar and fat as they do taste, but these delicious picks do your body good.

SALSA Its kick comes from capsaicin, a compound found in peppers that boosts your metabolism, says Lisa Ellis, a registered dietitian-nutritionist in White Plains, New York. Give hot dogs a Tex-Mex twist by swapping ketchup for salsa and (if you dare) pickled jalapeño slices.

BALSAMIC VINEGAR

Research shows that the acid in vinegar might actually prevent carbs from being broken down into sugar, so you absorb fewer calories during a meal. For a tangy alternative to barbecue sauce, reduce balsamic vinegar in a pan until thick and syrupy (about 15 minutes) and drizzle it over grilled chicken.

HUMMUS It's rich and creamy like mayo—but since the chickpea-packed spread contains protein, your body has to work harder (read: burn more calories) to digest it, Ellis says. Plus, 2 tablespoons on your burger is only 60 calories, compared with mayo's 200. So now you can have dessert, too!



BUSY WOMAN'S FITNESS

STAND TALLER, LOOK THINNER, FEEL BETTER

If you spend time slumped over a smartphone (oh, you do?), you need this posture-enhancing move from Los Angeles, California-based trainer Valerie Waters. It'll ease back and neck pain and make you seem slimmer, too.

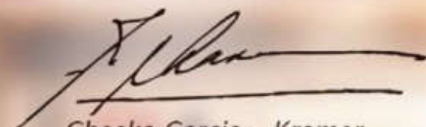
STEP 1 Stand against a wall with your feet about a foot in front of you. Pull your belly button toward your spine and pin your shoulders back. Everything from your tailbone up—including your hands, elbows, and head—should be pressed against the wall.

STEP 2 Raise your arms along the wall until your hands come together at the top of your head (it's like making a snow angel). Move your arms at a pace that feels comfortable to you—just be careful not to let your upper body leave the wall. Lower your arms again, and repeat 10 times.

EAT MORE OF THIS TO WEIGH LESS

In a study published earlier this year, people who increased their fiber intake to at least 30 grams a day—while eating anything else they wanted—lost just as much weight as those who cut back on calories, saturated fat, sugar, and salt. “It’s because high-fiber foods are filling, so you end up consuming fewer calories,” says researcher Yunsheng Ma M.D. of the University of Massachusetts. Most people already eat an average of 16 grams of fiber a day, Ma says. So just add half a cup of bran cereal in the morning and an apple in the afternoon and you’ll likely be close to 30. Easy peasy.

Text from U.S. *Good Housekeeping* (busy woman's fitness) and *Redbook* (eat more of this to weigh less; how to add flavor, not calories). Photographs by Getty Images (wheat); Dairy Darling (model). Hair and makeup by Elaine Ganeulas for INGLOT Cosmetics. Set styling by Beam Mariano. Special thanks to the Dela Rosa family.


Cheska Garcia - Kramer
Celebrity Mom / Elica Cream User



FOR YOUR PEACE OF MIND trust doctor-recommended Elica

Your child's itchy eczema rashes can make you both lose sleep at night. Applied once daily, Elica helps relieve itchiness, redness and swelling caused by eczema. See visible results in 24 hours. So you and your little one can have a good night's sleep.

If symptoms persist, consult your doctor or dermatologist. ASC Ref. No. O034P021115E 03/15 PH.CC.ELL02.2015.01



Also available in ointment format.

If the green, bumpy, snakelike veins on your legs seem to be spawning, or worse, giving you real pain—you should consult a dermatologist and an endovascular specialist.



VICTORY OVER VARICOSE VEINS

Unsightly and painful, varicose veins can really put a damper on your lifestyle. We talked to experts about the causes and treatments, so that you can get a leg up on this condition.

FOR WOMEN IN THE PHILIPPINES, wearing short skirts and shorts can help them deal with the country's stifling heat. But how can you show off your legs if they're covered in green, twisted, swollen veins?

Anne* first noticed her swollen veins when she was in grade school. "At first, I didn't mind them. They weren't really bothering me, it was more aesthetic," she says. "I didn't feel any sort of pain, they were more embarrassing than anything. I would avoid wearing shorts because they were very noticeable. I had a small area where the veins were sort of clustered together. It looked like a birthmark, aside from the other spider veins throughout my legs."

Janet,* however, felt pain. "When I was dancing in high school, I noticed the pain and throbbing in one leg and saw that the vein was out. Coincidentally, my aunt had just had her leg veins injected, to relieve her of the pain she was feeling—it was so bad that she suddenly collapsed and couldn't walk. That's how I knew what I had."

WHAT ARE VARICOSE VEINS?

According to Zaza Limcangco M.D., board-certified dermatologist of the Philippine Dermatological Society, "Varicose veins are enlarged, sort of swollen and twisted large veins commonly found on the legs. They are usually visible from just under the skin as those greenish snakelike cords that sometimes have bumps."

Regina Grace Buzon-Llorin M.D., associate physician at the Belo Medical Group, explains the function of veins and how varicose veins develop. "The veins, which carry blood from different parts of the body back to the heart, are one-way valves. They're supposed to prevent backward flow of blood as they pump the blood back to the heart. Weakening of these veins can cause blood to leak back. The accumulation of blood can lead to congestion or clogging. The veins, then, become abnormally enlarged leading to the formation of varicose veins or spider veins."

In short, when the veins are weak, they can no longer function properly. The backflow of blood causes them to swell, resulting in varicose veins.

VARICOSE VEINS VS. SPIDER VEINS

"Spider veins are pretty similar to varicose veins in that the causes are pretty much the same, but they are smaller, have more of a purplish hue, like a bruise, and are found on the face and upper thighs and not just the legs," says Dr. Limcangco.

Dr. Buzon-Llorin adds, "They are situated closer to the surface of the skin than varicose veins." Besides appearing in the areas Dr. Limcangco mentioned, spider veins can also appear on the trunk.

HOW DO YOU GET THEM?

Tina,* who has also been struggling with varicose veins, says hers are hereditary. She adds that they can be aggravated by "crossing your legs and being overweight."

Janet agrees. "If it runs in your family, chances of you having weak veins will be higher," she says. "Age also plays a factor. The older you are, the more veins collapse, especially in women. Being pregnant can also cause them because the blood circulation to your legs is compromised with the size of the stomach. Lastly, weight gain also plays a huge factor in developing varicose veins."

Text by Ines Bautista-Yao. Photographs by Getty Images (leaf); iStockphoto (injection). *Name changed.

Dr. Buzon-Llorin adds more possible causes: "Besides genetics or heredity factors, other causes can be hormones (such as the intake of pills), pregnancy (also related to hormones), positional or job-related causes (those requiring prolonged standing, even prolonged sitting), obesity, aging, and even leg injury."

Ever wonder why it seems women are more susceptible to varicose veins? "Hormones really play a significant role," stresses Dr. Buzon-Llorin. "Pregnancy, for one. Plus, women seek help more than the men. Females are more bothered by their veins than male patients. So there are more recorded cases of women."

BRING ON THE RELIEF!

Unless you are in pain, Tina believes there are other ways to deal with varicose veins. "Don't have any procedures unless it's necessary. There are quick and easy ways to prevent these from multiplying," she says.

Dr. Buzon-Llorin, who has 11 years of experience dealing with clients with varicose veins, recommends regular exercise—such as walking and running—to improve leg strength, circulation, and vein strength.

She also says controlling your weight keeps you from putting excess pressure on your legs. Standing or sitting for long periods of time is also a no-no—you need to move for blood to circulate in your body!

You may be tempted to use treatments that friends recommend, but dermatologist Limcangco cautions against those that have not been proven to be effective.

Oral medications such as Daflon, Varemoid Forte, and others "increase venous tone and also increase resistance in small blood vessels," she says. "In my experience, though, response has been variable or minimal."

She also says that Hirudoid cream has a "minimal to no-effect on the lower legs. After all, the ointment won't be able to go all the way inside."

BYE-BYE, VARICOSE VEINS!

There are several procedures to treat varicose veins, but Dr. Limcangco says it is important to undergo a Venous Duplex Scan (basically an ultrasound to see your veins) before anything else. "You can visualize which veins are indeed damaged and work on a treatment plan from there," she says. Once you and your doctor have

a clearer picture of the state of your veins, you can then decide on a procedure.

SCLEROTHERAPY

Estimated cost: P4,000 a session

The most common procedure for varicose veins, this is the treatment Tina, Janet, and Anne underwent. "It involves injecting a solution into the vein, causing the walls to swell, stick together, and then seal shut," explains Dr. Buzon-Llorin. "This stops the blood flow and the vein becomes a scar tissue. The vein should eventually fade. Sclerotherapy is very effective if done correctly, and patients can experience about fifty percent to ninety percent improvement. It does not require anesthesia, and can be done in the doctor's office."

Janet narrates, "You will feel a very bad cramping in your leg as the solution enters the veins. Then you have to wear medical grade support tights for two weeks to make sure that the solution and veins stay compressed and in place."

Adds Dr. Limcangco, "Sclerotherapy can require multiple injections. To reduce the discomfort, I ask the patient to take a pain reliever about an hour prior, and I use the smallest needle available, a lot smaller than those used for pediatric patients."

FOAM SCLEROTHERAPY

Estimated cost: P4,000 a session

If a patient has larger varicose veins that are not responsive to conventional

sclerotherapy, this is the method Dr. Buzon-Llorin suggests. "It is a type of sclerotherapy that involves creating a foam out of small volumes of the sclerosing solution, rapidly mixed with a small amount of air," she explains. "A greater volume of the foam formed from a smaller amount of sclerosing agent can be injected and this could cause intense spasm of the vein."

RADIO FREQUENCY OCCLUSION

Estimated cost: P70,000 to P80,000

Jeffrey L. Chua M.D., endovascular surgeon at the Makati Medical Center, explains that during a radio frequency (RF) occlusion procedure, "the saphenous vein is injected and a catheter is inserted in the vein. Once the catheter is inside, the vein is burned using radio frequency energy." A special catheter is used, and this "catheter creates energy once attached to a machine." The machine has a timer, which makes it more exact.

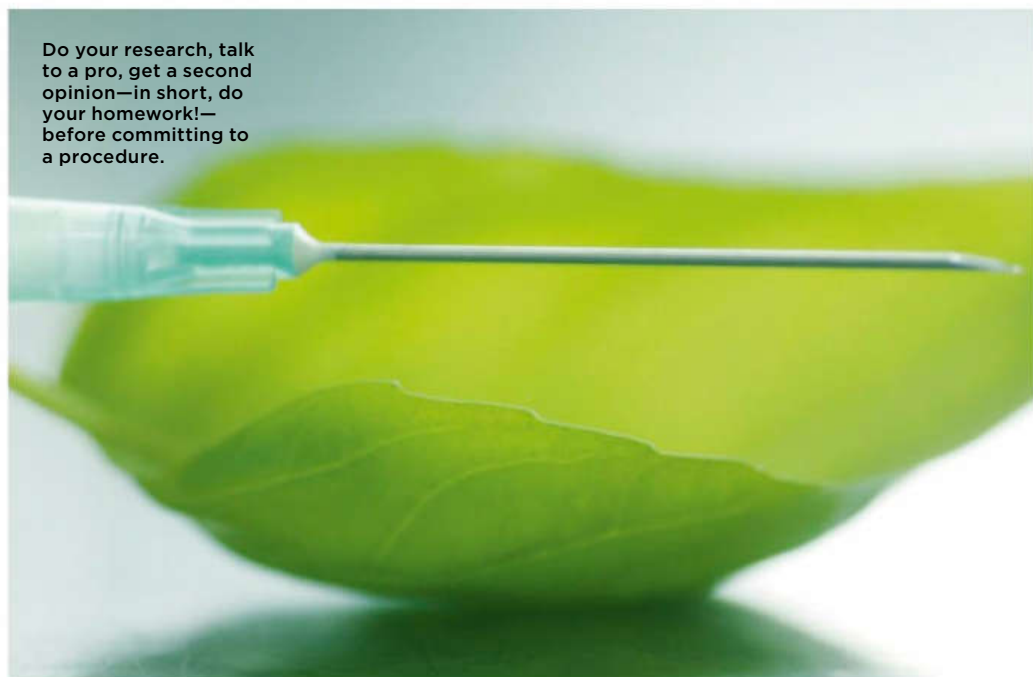
With RF, the patient does not need to be confined in the hospital. She only needs to be mildly sedated, and she doesn't experience scarring or much pain.

ENDOVENOUS LASER TREATMENT

Estimated cost: P70,000 to P80,000

Dr. Chua says this treatment is "the same as RF, and the energy the machine produces is the same." However, the laser treatment depends more on the steadiness of a doctor's hand, which is why he says he prefers RF to the laser procedure.

Do your research, talk to a pro, get a second opinion—in short, do your homework!—before committing to a procedure.





Your dream of showing off your legs, again, is still possible.

ELECTRODESICCATION

Estimated cost: price unavailable

This treatment is similar to sclerotherapy, except that the veins are sealed off with an electrical current instead of the injected solution. Dr. Buzon-Llorin says this treatment may leave scars.

SURGICAL LIGATION AND STRIPPING

Estimated cost: P60,000 to P70,000

In this procedure, Dr. Buzon-Llorin says, "Veins are tied shut and completely removed from the leg. Since the deeper veins are responsible for the circulation of the larger volumes of blood, removing varicose veins, which are more superficial, will not affect blood circulation. Surgery requires either local or general anesthesia and must be done in an operating room on an outpatient basis."

Dr. Chua explains the procedure further: "The incisions are made in the groin area and below the knee. The long saphenous vein, the main cause of the varicosities, is removed. This needs to be done in the operating room and the patient is given spinal anesthesia or a nerve block. The patient is admitted for at least a day or two."

Recovery might take a while because your body will feel quite sore and tender.

Dr. Limcangco cautions, "Vein replacement or vein stripping is probably the last treatment of choice I would recommend. With so many minimally invasive treatments available now, I would only recommend it when all others have failed, or if the duplex scan shows that this would be the best treatment for the patient. But, of course, with this procedure, success rate is very good."

AMBULATORY PHLEBECTOMY

Estimated cost: P10,000 to P15,000

A special light source is used to locate the veins in this treatment. Says Dr. Buzon-Llorin, "Tiny incisions are made in the vein, and then with surgical hooks, the vein is pulled out of the leg. This surgery requires local or regional anesthesia. The vein usually is removed in one treatment. The most common side effect is slight bruising. Compared to traditional surgery, ambulatory phlebectomy allows the removal of very large varicose veins, leaving only small scars. Patients can return to normal activity the day after treatment."

However, Dr. Chua says that with this procedure, "the main problem or cause is not fixed. We do it if the patient doesn't want major surgery." He usually recommends this procedure after a patient has already undergone stripping and has developed new veins.

MECHANICAL CHEMICAL ABLATION OR MOCA

Estimated cost: P50,000 to P60,000

The principle behind this treatment, says Dr. Chua, is similar to sclerotherapy. "But the machine has a device that will create foam and destroy the vein. It irritates the vein and destroys the intima of the vein, or the lining, so that the foam can attach to the vein, better for it to close."

WINNING THE BATTLE

If you want to relieve pain, flaunt your legs, or simply keep cool without being self-conscious, it's time to address the problem. Consult your physician to determine the best treatment for you—because life is too short to spend dreading wearing cool shorts.

MYTH VS FACT

Women who have or have had varicose veins often give well-meaning advice for preventing or treating them. The experts weigh in.

MYTH? Don't do treatments because the veins just recur.

"Usually, with the proper management, these veins have less than a five percent chance of recurring after using the standard treatments for varicose veins," says Zaza Limcangco M.D., board-certified dermatologist of the Philippine Dermatological Society. "Recurrence happens when there is no change in lifestyle or inadequate treatment or management."

VERDICT: A change in lifestyle is important if you want to beat the problem.

MYTH? Crossing your legs causes varicose veins.

Dr. Limcangco says, "It doesn't cause varicose veins, but when a person is predisposed or already has them, crossing the legs impedes circulation that can worsen the condition."

VERDICT: Crossing your legs can aggravate varicose veins. So, if you already have varicose veins or if it runs in the family, don't cross your legs!

MYTH? Wearing high heels can cause them.

"Technically, wearing high heels interferes with normal blood circulation," says Belo Medical Group's Regina Grace Buzon-Llorin M.D. "Therefore, they could lead to possible venous problems in the lower extremities."

VERDICT: High heels can aggravate the problem.

MYTH? Elevating your legs can prevent varicose veins.

According to Dr. Limcangco, "The cheapest, simplest, and easiest way to relieve symptoms is to elevate the legs regularly, especially for those who stand for long periods of time."

VERDICT: A good habit to have.



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{ MORE BLISS, LESS STRESS }



HAPPINESS BOOSTERS TO TRY TODAY!

Easy little tricks to energize your attitude

BY JENNIFER RAINEY MARQUEZ

Aa

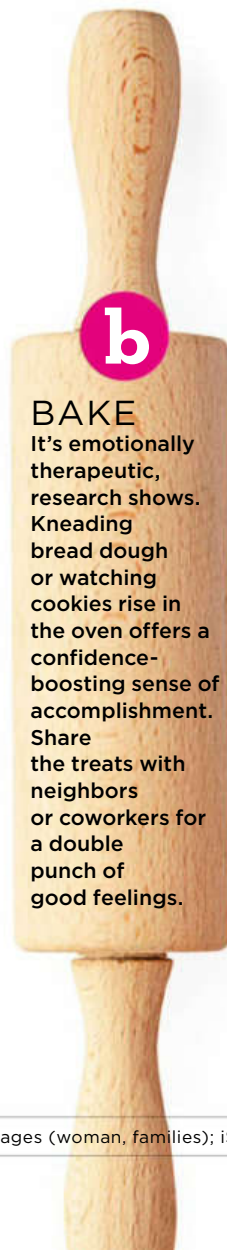
APPRECIATE THE PRESENT

Stewing in the slowest line at the supermarket yet again? The antidote to daily frustration is a thinking tactic called “savoring.” When you’re stressed, “think about something that’s good about your circumstances right now,” says Emiliana Simon-Thomas Ph.D., of the Greater Good Science Center at the University of California, Berkeley. It could be something small—e.g., a favorite song is playing over the loudspeaker. “It’s about shifting your perspective to focus on something positive instead of negative,” she says.



b

BAKE
It’s emotionally therapeutic, research shows. Kneading bread dough or watching cookies rise in the oven offers a confidence-boosting sense of accomplishment. Share the treats with neighbors or coworkers for a double punch of good feelings.



Dealing with trains or traffic can be a huge happiness drain. But if you walk or bike instead, you’ll arrive cheerier and more focused, according to research—even if it means your commute is longer. If an active commute isn’t possible, listen to an audiobook to give your brain a mental getaway.

DANCE

For a lift, get down, get down. Researchers from the University of Derby in the U.K. found that depressed patients who took salsa lessons improved their moods, and an Australian study found that people who learned to tango had less depression and insomnia and greater life satisfaction.

Text from U.S. *Good Housekeeping*. Photographs by Getty Images (woman, families); iStockphoto (orange); from U.S. *Good Housekeeping* (rolling pin).

E EXPERIENCE

It turns out money can buy happiness... if you spend it on experiences, not stuff, says Elizabeth Dunn Ph.D., author of *Happy Money*: "Experiences, especially those shared with others, make you feel more connected. Plus, they'll never get lost or ruined." The dry cleaner may destroy your blouse, but it can't touch your memories. So if you have a little extra, buy a zoo pass or play tickets. Or find free events—happy occasions don't always require cash.



FLIP THROUGH PHOTOS

"People who focus on good things in their past are happier," says Ryan Howell Ph.D., associate professor of psychology at San Francisco State University. Looking at vacation snaps and baby pics is a warm and fuzzy way of retelling your life story.



GRIN

Doing so stimulates smile muscles and sends nerve signals to your brain that you're happy, says Christine Carter Ph.D., author of *The Sweet Spot*. So, do you smile because you're happy or are you happy because you smiled? Maybe both!



HIKE

Spending time outside makes you feel less tired and more alive, studies show. Twenty minutes of green exercise is all it takes.



INHALE

Breathe in through your nose for four counts, hold your breath for one, and exhale through your mouth for five to lower heart rate and blood pressure. Aim for three mindful breaths an hour, says Dr. Carter.



JOURNAL

Jotting down what you feel grateful for at day's end can make you feel more optimistic, shows research. It doesn't have to be in a physical journal, says Dr. Carter. Texting yourself a reminder of what you're thankful for, and why, will do it.



KISS

Whether it's a smooch or a peck, kissing stirs up positive feelings. "Neuroscientists think our earliest experiences with lip stimulation, through nursing as infants, lay down neural pathways in our brains that associate kissing with comfort," says Sheril Kirshenbaum, author of *The Science of Kissing*. "Plus, our lips are packed with nerve endings, so even the slightest brush feels good."



LET THE LIGHT IN

If the sun is shining, go out! In one study, when people increased their exposure to bright light, they argued less and felt happier. (Just don't forget the sunscreen.)



MAKE YOUR BED

Doing one thing to enhance your sense of order is calming. It's all about creating more "small wins" in your life, says Dr. Carter. "They are really valuable for happiness."



NOSH ON FRUITS AND VEGGIES

Hungry? Reach for produce! Recent research has shown a link between improved mental well-being and eating five or more portions daily.



OPEN AN ORANGE

Olfactory nerves link directly to your brain's limbic system, which governs emotion and memory. That may be why certain aromas trigger nostalgic feelings. Some science suggests that the smell of orange can calm you, and even take anxiety out of a dental visit.



PICK UP THE TAB

Treating a friend to a cappuccino offers a bigger happiness boost than hitting the café solo. Spending just P200 on another person can make a significant difference in your mood by the end of the day, says a University of British Columbia study. The amount above P200 doesn't even matter, as long as you use it to benefit someone else.

find QUIET TIME

Stressing over a deadline? Put down your project and zone out. “It may seem counterintuitive, but taking your mind off of what you need to focus on can lead you to creative solutions,” says Simon-Thomas. Your brain needs regular breaks to maintain peak function, so try for 10 to 20 minutes every two hours.



R

RUB DOWN

A massage can send you into a state of mental bliss: Research shows that it can improve your body image, and—in as little as five minutes—ease anxiety. Try a quickie at a walk-in place.



S

SAVE UP

The clink of coins in a piggy bank is the sound of happiness. “You reap pleasure from literally seeing savings grow,” says Howell. “If you save for something special, you’ll also get the satisfaction of anticipation.”



T

TUNE IN

There’s a reason the hit song “Happy” makes you feel, well, happy: Listening to upbeat music with the goal of boosting your mood really works, shows research. Any tune will do, says Dr. Carter, as long as it lifts your spirits and makes you feel exuberant.

UNPLUG AT NIGHT

Staying constantly tethered to your smartphone can interfere with your relationships and sleep—both of which are key to a contented, unstressed outlook. One simple change that helps: Stop using your phone as an alarm. “It makes it so easy to read and respond to e-mails after you’ve turned off the alarm in the morning,” says Dr. Carter. “At that point, you’re working, and stressing, before you’re even out of bed.”



VACATION (PLAN ONE!)

Mai tais on the beach may not be in the cards today, but you can still reap their mood-boosting benefits. Research suggests there’s joy in *anticipating* a trip, not just in taking it. So cue up TripAdvisor!



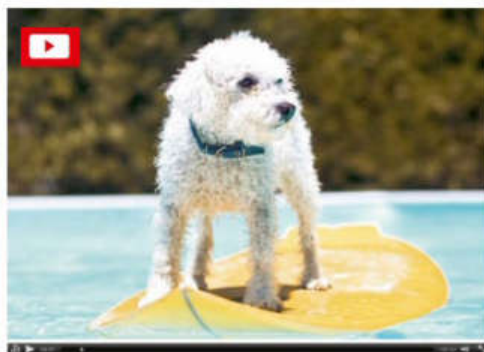
WINE (HAVE SOME!)

Cheers! A Spanish study found that people who drank two to seven glasses of wine a week were less likely to get depressed. More ups health risks, though, so pop that cork back in the bottle.



X-PRESS YOURSELF

Pick up a pen or a paintbrush and let loose—expressing yourself creatively can reduce fatigue and even depression.



Yy

BREAK FOR YOUTUBE

Indulge your Grumpy Cat video habit—or whatever it is that tickles your funny bone. Clips that make you roll on the floor laughing can give you a rush of feel-good endorphins and reduce stress hormones, helping you relax almost instantly.

ZZZ

You may have heard that if you want happiness for an hour, take a nap. And in fact, sleep plays a huge role in your mental state. “Studies show that you’re happier on days after you’ve slept well than on days after you’ve slept poorly,” says Sonja Lyubomirsky Ph.D., professor of psychology at the University of California, Riverside, U.S. Naps deliver a restorative effect that can turn a bad day good.

GET STYLE AND DESIGN INSPIRATION FOR YOUR HOME AT THE



Saturday, September 26 & Sunday, September 27, 2015
10am - 6pm

The Avida Towers Centera

Reliance Street corner EDSA, Mandaluyong, Metro Manila

Real Living has tapped a team of noted designers to create five contemporary living spaces at the Avida Towers Centera showroom. They'll be using stylish furnishings and accessories that can all be found in Metro Manila, making shopping for your favorite pieces a snap!



- ❖ Experience a variety of looks in *Real Living*'s spaces, styled by talented designers like Pai Edles & Misty Floro, Kristine Neri-Magturo and John Vigilia
- ❖ Get exclusive discounts on the hottest home products in the market
- ❖ Speak with seasoned designers and *Real Living* editors about your design concerns
- ❖ Take part in fun DIY and home improvement workshops
- ❖ Attend a special trade fair and meet with representatives from brands like HardieFlex, American Standard and Boysen
- ❖ Reserve a unit at The Avida Towers Centera and get a special offer

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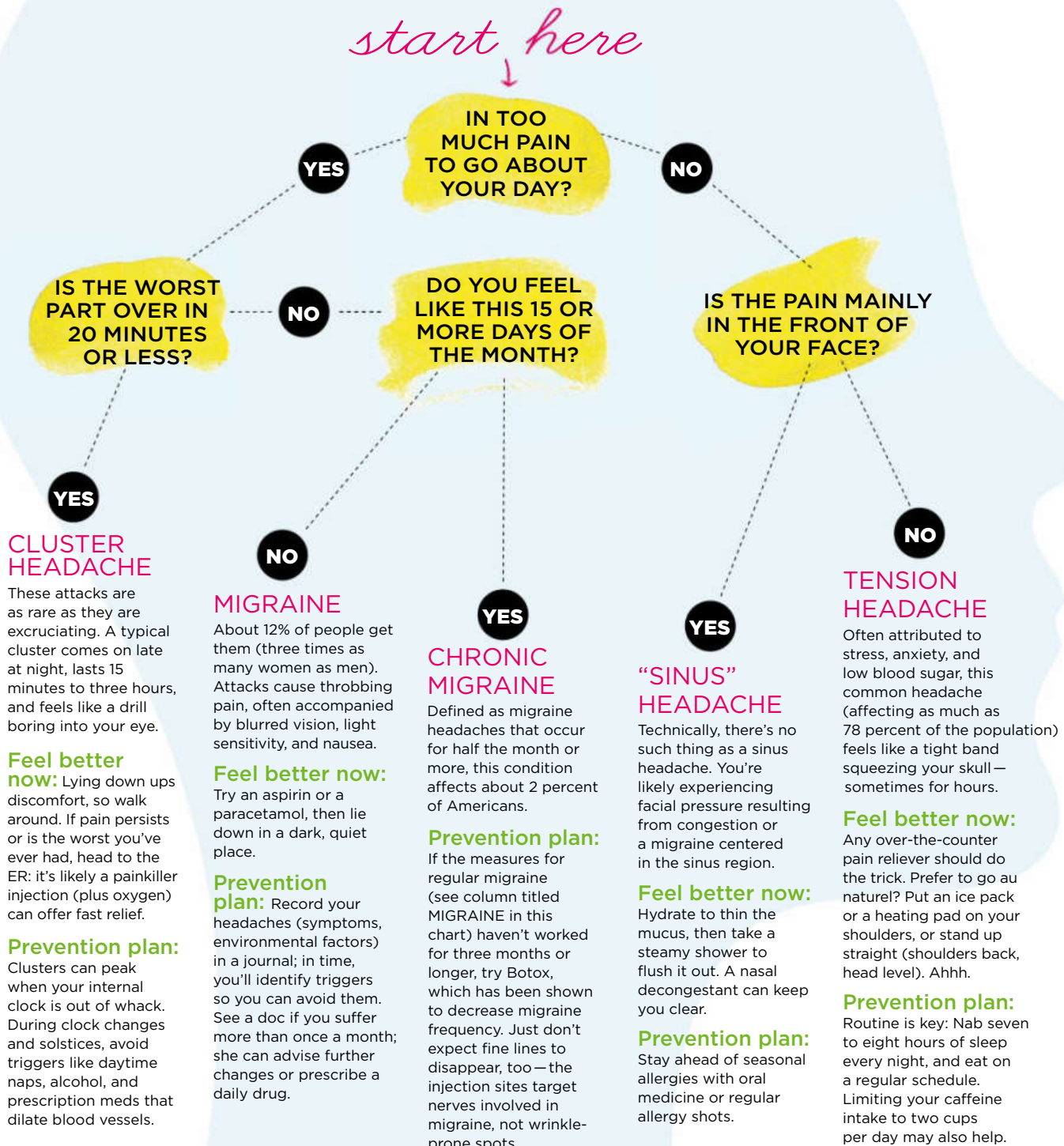
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HEADACHES

There are five (yep, five) different types. Use this guide to pinpoint the kind you've got, and you'll be one step closer to real relief!



Text and illustration from U.S. *Good Housekeeping*.

LOVE ALL. TRUST A FEW.

Beautiful STRANGERS

Starring

HEART EVANGELISTA
AND
LOVI POE

how I finally... Lost 170 Lbs.

Weighing in at over 400 pounds, Marie Marcelo felt trapped—until a trip to a theme park jolted her into action.

It was a trip to an amusement park in 2013 that compelled Marie Marcelo to make a change.

"I went to Singapore, and I was so excited to ride the roller coasters in Universal Studios. I love roller coasters! But when I got there, hala, wala pa atang thirty minutes, pagod na ako kasi ang layo ng lalakaran," recalls the 39-year-old. "And when I went to the roller coaster na, hindi ko malagay yung harness!"

At that time, Marie weighed over 400 lbs. "The only reason I found out my weight was because of the executive checkup namin sa office," she says. "May special na weighing scale—alam mo yung pang-truck?" she jokes, saying a regular weighing scale could only track up to 300 lbs. "That's how I found out I was 400-plus pounds."

The doctor told her that she was already morbidly obese, and that there was a chance she would not live past five or ten years. But Marie still didn't feel compelled to make changes, until her aborted ride on the roller coaster.

"I realized that my weight was preventing me from enjoying my life, from living the life I always wanted to live," she says.

PILING ON THE POUNDS

"I've been big naman ever since," says Marie. At 5'10", she puts her healthy weight at 200 lbs. "Back in college, I'd swim, I'd go scuba diving. Very fit." But after graduating and finding work at a call center in 2005, the pounds started creeping in.

"Alam mo naman ang call center,

you're awake at night eating whatever. Then, pagdating mo sa house, you feel hungry. You eat and then sleep, so there goes your metabolism, di ba?" says the operations manager. By 2013, she reached her peak weight.

"At that time, I felt like I was trapped. I'd done all the diets na, I'd done pills, I tried a fruit diet, and [the weight] still kept coming back. So I felt lang na, 'Ganito na ba?'" she shares.

"I didn't have a love life. I hadn't had a boyfriend for the longest time. I didn't go out that much. I tried to shy away from social events. Very rarely did I attend since wala naman akong damit. It was really hard to find clothes, but that still didn't alarm me."

Her loved ones did show concern. After Marie was diagnosed as morbidly obese, her mom offered to foot the bill for gastric bypass surgery. (Sadly, Marie's mom fell sick and eventually passed away.) "My friends even set up an intervention," she recalls. "They really care naman, but they all knew it was up to me."

MAKING THE MOVE

She made some changes after her epiphany in Singapore. Perhaps the biggest factor in Marie's weight-loss success is moving out of the family home after her mom passed away. A friend invited her to a condominium complex, and Marie was enticed by the idea of having easy access to a pool.

"Swimming is the only sport I can do. I can't run because masakit sa paa, my joints can't handle it. I can't go to the gym as well, I don't particularly enjoy it. So swimming na lang," she explains.

Her new home provided her with the chance to work out on a regular

BEFORE: Below, Marie Marcelo at her heaviest weight



LOSING, AND WINNING, BIG

Want to start on your own weight-loss journey? Marie Marcelo gives some tips.

CHANGE YOUR MINDSET.

"If the words 'diet' and 'exercise' have a negative impact on you, then have a mindset that you are *taking care* of yourself. Tell yourself that you will not starve, you will not deprive yourself, you will encounter challenges, but you will overcome them."

FIND OUT WHAT WORKS FOR YOU.

"I had to make time to go to the pool either before or after my graveyard shift. The key is to find time for physical activities that would work for you. If you don't enjoy the activity, chances are, you won't stick to it for the long haul."

MAKE SMART FOOD CHOICES.

Marie started taking in more fresh and colorful food like fruits and vegetables. "Raw, blanched, or steamed is the best way to prepare food. Processed food and fast food quickly lost their appeal to me."

SURROUND YOURSELF WITH POSITIVE PEOPLE.

"Their positive energy will sustain yours and keep you on track. If there are people who would tempt you to go back to your old lifestyle, or tease and mock you, then just stay away from them. Losing weight is hard enough, we do not need negative people to suck away our positive energy."



NOW: Marie, minus 170 lbs. At her heaviest, she had to pay extra to get bigger seats on a plane; to ride an FX ("Dun ako sa harap, dalawa bayad ko," she says); or to ride a tricycle ("Kailangan special kasi wala nang ibang makakasakay!"). After enjoying Hong Kong Disneyland, she plans to go back to Universal Studios to ride that roller coaster she missed out on.

she says with a hearty laugh. "I have my cheat days. I still have ice cream. Pero pag nagki-crave ako, one tablespoon lang. I don't want to deprive myself naman."

Marie also stopped eating meat last February, after meeting someone who explained the impact on the environment of humans devouring meat. "I was with that person for four days. He didn't eat meat, he just ate fish. In four days, I lost five kilos! So tinuloy-tuloy ko na. And at the same time, I'm conscious about the environment din," she says, smiling.

A DIFFERENT LIFE

In 18 months, Marie lost a total of 170 lbs. She has 40 lbs. to go before she reaches her ideal weight, but her journey so far has already been life-changing.

"I get to buy clothes now from the department store. Then I'm starting to date na!" she laughs. "I'm more confident to meet people. Ang daming events sa office, and I get to participate. Hindi ako tinatamad. And I went to Hong Kong Disneyland last year, kasya na ako sa roller coaster!" she adds, sounding delighted.

"Losing weight opened the door of opportunity to things I couldn't do before. But I still want to do more. I feel so much younger!"

She reflects, "Parang I had a second lease on life. Parang feeling ko it was a past life. I was stuck in that routine. I don't even remember what I did! Now for the past eighteen months, I know where I've been, I know the people I've met, I have more memories of the life that I have now."

She talks about getting closer to her goal by the end of the year, about enlisting the help of a personal trainer-neighbor, walking more, learning how to meditate, and "exploring a lot of things right now."

She says that once she reaches her goal of 200 lbs., she'll see if the excess skin on her arms—which she jokingly calls her "Maleficent wings"—will disappear. Wings or not, it's clear that dropping the excess weight has finally allowed Marie to take flight.

basis. She also made friends with her neighbors who hung out by the pool. "That's why I go there every day—it's not just the swimming part, but I have my friends there as well."

Moving into her own place also enabled Marie to take control of her diet. "Number one, I don't cook. I ruined my rice cooker! My first week here, nilabhan ko yung rice cooker sa lababo!

Nasira siya, nag-spark siya. So I said I won't eat rice na!" she says with a laugh. She also cut back on S.O.S.: sugar, oil, and salt.

Living with other family members, including kids, had meant stocking up on junk and eating fast food when the others gobbled these. Now, she has healthy snacks on hand, like fruit.

"But I still have my chocolates!"

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your LOOK

BEAUTY SECRETS OF THE STARS • MOM MAKEOVER • 5 KEY WARDROBE PIECES



AT FIRST *blush*

This season's newest blushes come in formulations and shades made for every skin tone. From highlighting sticks and color compacts to bronze fluids and strobe powders, our favorites will help you create the sweet cheeks (and cheekbones!) of your dreams.

Top row from left: M.A.C in Coppertone Matte, P1,400, M.A.C, Rustan's Makati 2/L. Guerlain Meteorites Perles de Blush, price upon request, Rustan's Shangri-La Plaza 1/L. M.A.C Mineralize Skin Finish in Adored, P2,050, M.A.C

Middle row from left: L'Oréal Blush in Duchess Rose, P695, SM Beauty Store, SM Makati 1/L. Benefit Sheer Brightening Color Stick, P1,600, Benefit, Greenbelt 5 1/L. Bobbi Brown Brightening Brick in Pink, P3,200, Bobbi Brown, Rustan's Makati 2/L

Bottom row from left: NARS Blush Duo in Desire/Amour, P2,450, Rustan's Makati 2/L. BYS Liquid Illuminator in Glimmer, P649, SM Beauty Store. Bobbi Brown Pot Rouge for Lips and Cheeks in Calypso Coral 2, P1,550, Bobbi Brown

A-LIST BEAUTY *secrets*

Want Natalie Portman's glow? Taylor Swift's classic red lip? Find out which tried-and-tested beauty products and home remedies Hollywood celebs swear by.



ANNE HATHAWAY

When the Academy Award winner wants to unwind after a long day of filming or travel, she soaks in this luxe foaming bath. Apart from smelling divine, lavender is known to have soothing properties, and can help relieve insomnia and anxiety. Use this before going to bed to help you relax and grab quality shuteye.

L'Occitane
Lavender Foaming
Bath, P1,550,
Rustan's The
Beauty Source,
Rustan's Makati 1/L



NATALIE PORTMAN

The thick ointment comes in a tube and is made primarily of Queensland fresh papaya fermented in a factory. Possessing antibacterial and antimicrobial properties, Lucas' Papaw Ointment can be used to treat minor burns, sunburn, insect bites, diaper rash, dermatitis, and eczema. Makeup artists also use it as a lip balm and moisturizer. This Hollywood star is an outspoken fan of this wonder balm from Australia—she's raved about it in different interviews. "You can use this balm for anything, just put it anywhere that's dry," Natalie told a U.S. magazine.



Lucas' Papaw
Ointment, P450,
dctmakeup.com





HALLE BERRY



Extant star Halle Berry doesn't just use coffee to perk her up, she uses it to wake up her skin, too. The Oscar winner mixes coffee grounds with her body wash to help make her skin glow, she tells a U.S. magazine. The caffeine helps boost circulation while exfoliating skin and can also help improve the appearance of cellulite.

3 ways to wear a red lippie



RICH RED Use a lip brush to outline the shape of your lips. Glide tube inside the lines.



SEXY STAIN Prep lips with lip balm. Swipe a layer of lipstick on inner part of your lips. Blend outwards with finger.



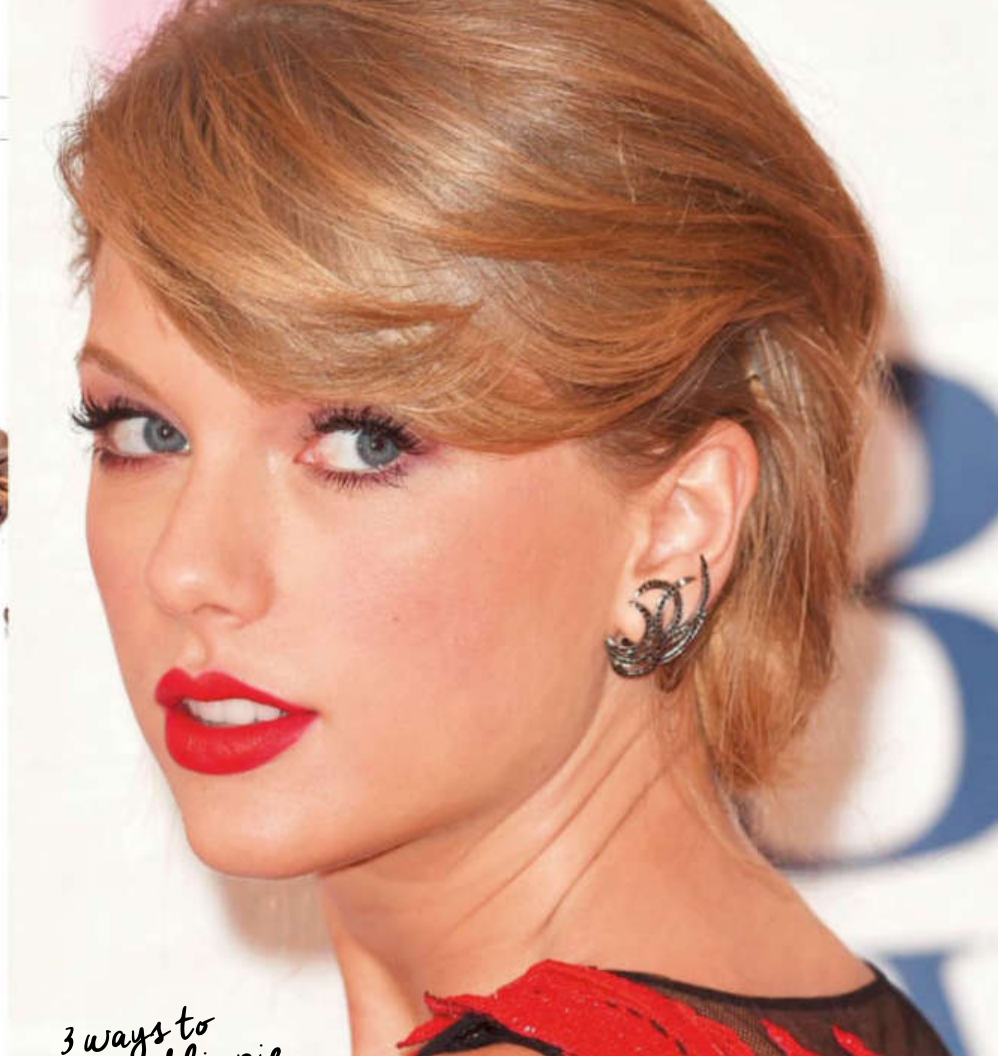
HIGH SHINE Take rich red up a notch by finishing with a coat of clear or rosy gloss.

TAYLOR SWIFT

The pop star and current darling of the Internet has said that she thinks her face "looks worse" when she's not wearing her trademark red

lip. The same girl who tried lining her eyes with a Sharpie (true story!) swears by NARS Velvet Matte Lip Pencil in Dragon Girl. "I have a lot of go-tos as far as red lipstick, but you can't go wrong with Dragon Girl," she's been quoted as saying.

NARS Velvet Matte Lip Pencil in Dragon Girl, P1,450, NARS, Bonifacio High Street Central Square 1/L





JENNIFER ANISTON

Vaseline as an eye cream and a lash conditioner? Yes, says the TV and movie star, who advises applying it at night before bedtime. If you have extremely dry skin, it's also an effective way to moisturize dry areas of the face and body. Slather this on soles and wear socks to bed, and wake up with baby-soft feet.

Vaseline Petroleum Jelly, P63/100g, PCX, Power Plant Mall 3/L



JENNIFER GARNER

The actor and mom of three says in an interview that applying sunscreen after washing her face is non-negotiable. "You need to use it liberally and you shouldn't have to feel worried about overusing your sunscreen. You need to have it everywhere, and you need to use it all the time," she says in a U.S. magazine. She adds that she loves the formula of Neutrogena's Ultra-Sheer sunscreen because of its non-greasy feel.



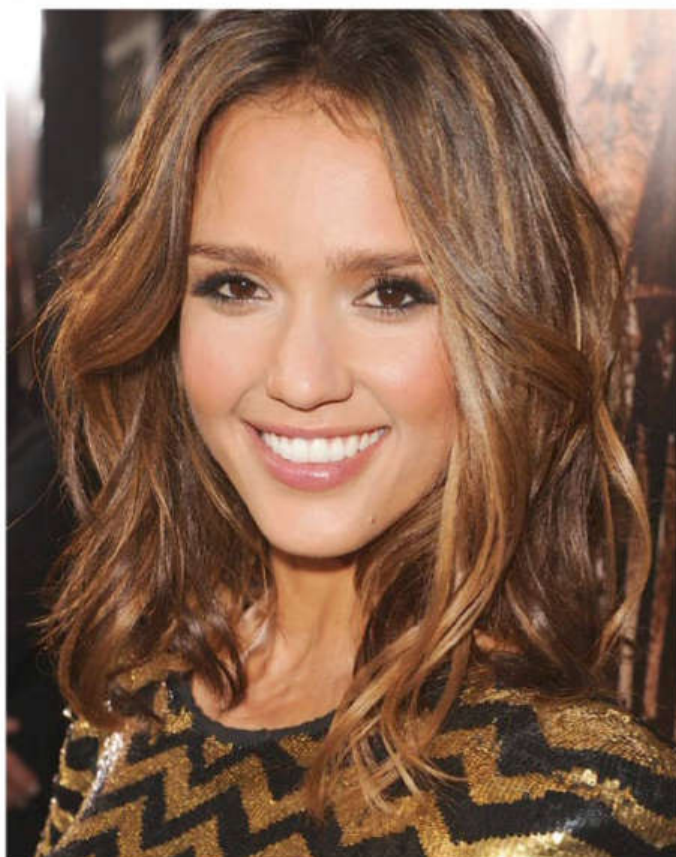
Neutrogena Ultra-Sheer Dry-Touch Sunblock, P525, Watsons, SM Supermalls



JESSICA ALBA

The actress-turned-entrepreneur—she was recently on the cover of *Forbes* magazine as one of America's richest self-made women—is an advocate of simple and natural living. She makes sure an eyelash curler is part of her mini makeup kit when traveling. “I think everyone likes feeling fresh after a flight,” she told a U.S. magazine. Curling your lashes is the fastest way to make tired eyes look awake and fresh. If your eyes are bloodshot after a flight, use two drops of soothing eye drops in each eye to clear away the red.

Try: Shu Uemura Eyelash Curler, P1,400, Shu Uemura, Power Plant Mall 2/L



KIM KARDASHIAN

While the reality TV star admits to trying to curb her sweet tooth (excessive sugar intake can cause premature aging), she goes all-out with sugar as a body-care ingredient. She was quoted as saying that adding this to her body wash gives her a “gentle exfoliating experience.” After all, sugar’s naturally coarse and tiny particles are great for exfoliating even sensitive skin. Plus, sugar naturally contains glycolic acid, which helps with cell regeneration. Mix a handful with your favorite body wash, then scrub away.



JENNIFER LOPEZ

The always flawless diva’s secret to her perfect makeup? Her makeup artist preps skin with L’Oréal Revitalift Moisture Blur, which smoothens skin and blurs away fine lines and imperfections while adding moisture.

A locally available option is L’Oréal Revitalift Magic Blur, P899, The SM Store, SM Megamall Bldg.B 1/L



CHARLIZE THERON

While this award-winning actor doesn't have qualms about shaving her head or her brows for a role, she remains devoted to some beauty products, and chief among them is Dior's Diorshow Mascara. She loves it for its buildable formula. "Whether I apply one coat or three, it just looks really natural," she was quoted saying in an interview.

Diorshow Iconic Overcurl Mascara, P2,000, Dior, SM Makati 1/L



Tony Moly I'm Real Mask Sheets, P78 each, Tony Moly, SM Megamall Bldg.A 1/L

HEIDI KLUM

Hollywood stars—this supermodel included—are jumping on the Korean mask sheet bandwagon! These masks, usually made from cotton or a viscous gel, are infused with potent serums and ingredients that target specific skin issues. Because the masks seal off air when applied on skin, your face gets to absorb more product benefits. The result? Gorgeous, healthy-looking skin in just a few minutes! Pop your individually wrapped masks in the fridge for an added refreshing treat—the cold will help reduce the appearance of large pores and decrease puffiness.

GWYNETH PALTROW

Actress-turned-healthy-living advocate Gwyneth Paltrow is obsessed with finding good products that work for her, and one of her favorites is Perricone MD's No Foundation Foundation, a sheer makeup base with a dewy finish. The translucent foundation is formulated with Alpha Lipoic Acid and Vitamin C. It also provides non-chemical, mineral-based SPF 30 protection, while correcting skin undertones with continued use.

Perricone MD No Foundation Foundation, P2,550, Rustan's The Beauty Source, Rustan's Makati 1/L



"I LOVE IT WHEN I CATCH
YOU LOOKING AT ME,
THEN YOU SMILE
AND LOOK AWAY."

UNKNOWN

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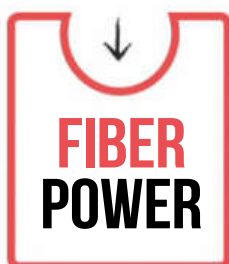


HEY THERE, BRIGHT EYES

Check out this handy and brilliant anti-fatigue eye stick: **The Body Shop's Vitamin E Eyes Cube**, P795, **The Body Shop, Robinsons Galleria 1/L**, instantly perks up and soothes your dry and dull under-eye area with one sweep. The tiny tube is packed with Vitamin E for moisture, and glides on your skin smoothly without leaving a sticky and greasy feeling. You can easily throw this eye stick in your purse and reapply throughout the day as needed.

QUICK BEAUTY HACK

Does your mascara feel dry, even if it's only been a month since you opened it? Give it a quick fix by sticking it in your bra while doing your makeup! The heat from your body will warm up your tube and make the formula easier to apply. Also effective: rubbing the tube between your palms, or sitting on it.



The search for The One is over: Local beauty brand Happy Skin has finally released its own mascara, the **Eye Am The One Holy Grail Mascara!**, P899, **happyskincosmetics.com**. It boasts a "maximeyes two-fiber brush," which effectively separates your lashes and delivers triple lash power: curl, volume, and length. The best part? It's smudge-proof, sweat-proof, and sebum-resistant.



GET THAT *glow*

The last thing an exhausted mom needs? A foundation that makes her skin look dry and cakey. To score gorgeous, dewy skin—without looking oily—look for a base with both hydrating and light-reflecting properties, like the **Max Factor Skin Luminizer Foundation**, P945, **Watsons, SM Megamall Bldg. A 2/L**. Formulated with VitaNiacan complex, vitamins B & E, and glycerine to moisturize skin, it also contains elastomers which create "windows" that reflect light, giving you a natural glow. This lightweight foundation comes in six shades.

No. 1
selling scar &
stretch mark
product in
Australia



"A friend recommended Bio-Oil for some scars I got back in May of last year. I've been using it ever since and I love it! I use it on my scars, stretch marks and my face (the cold dehydrates my skin terribly) and I have to say, your product is amazing! I recommend it to anyone and everyone. I even got my mom and one of my aunts to start using it. I will be sticking to Bio-Oil now and in the future. Thank you for creating such a wonderful product." Roxann Peniche

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for ageing and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil® is available at pharmacies and selected retailers at the suggested retail price of P495.00 (60ml). Individual results may vary.

Aspen calculation based in part of Nielsen combined Grocery Scan and Pharmacy Scan data for Therapeutic Skincare (Client-defined), period ending MAT to 28/12/2014 and 11/01/2015 respectively (Copyright © 2015, Nielsen)

7 YEARS *younger*

Stop-the-clock strategies and tips to keep you looking fresh



grab A CUP OF COFFEE

Another perk of the caffeinated stuff: It may help ward off sun spots. In a recent Japanese study on women ages 30 to 60 who got moderate sun exposure, those who drank two cups or more of fresh coffee a day had fewer age spots than the women who skipped it. Researchers credit coffee's potent blend of antioxidant polyphenols. "They're proven to help protect skin and repair UV-induced damage," says U.S.-based dermatologist David McDaniel M.D., who adds, "Drinks made from freshly ground beans, like espresso, have the highest dose of antioxidants."

ENERGIZE YOUR SKIN

AS WOMEN AGE, skin cell energy declines, causing dull, sagging, and dry skin. This is why at one point, you'll notice that the effect of your skincare regimen plateaus. How to deal with this? Adapt to the changes in your skin, and up your skincare routine according to your needs. To refresh and invigorate dull, mature skin, try **Olay Regenerist Miracle Boost Pre-essence**, **P1,399**, **Watsons**, **SM Megamall Bldg. A 2/L**, which boosts skin cell energy and promotes natural collagen production. After washing your face, apply a few drops on your forehead, cheeks, nose, chin, and neck. Hello, instant freshness!



SAY GOODBYE TO #FLATHAIRPROBLEMS

About 30 percent of Filipina women suffer from dry and flat hair. Instead of piling on styling products and treatments that end up weighing your hair down, try oxygen therapy. The new **Dove Oxygen Nourishment Shampoo**, **P115.50/180ml**, and **Conditioner**, **P114.35/180ml**, **Watsons**, have oxygen-fused conditioning ingredients that are rapidly dispersed through hair so that they can clean and moisturize hair while breathing more volume into it.



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BACK TO 5 Basics

Get plenty of mileage out of your wardrobe with five basic pieces every woman should have: a white button-down shirt, a pair of blue jeans, a black pencil skirt, black slacks, and a white shirt. GH shows you how to wear them!

*Accessorize, and
you're good to go!*



Bring a denim jacket for cooler days.



CASUAL WEEKEND

Jacket, P1,535, Forever 21. Pants, P755, Forever 21. Flats, P999, So Fab!, Glorietta 12/L. Bag, P899.75, SM Parisian at The SM Store. Shades, P395, Solo at The Row, Glorietta 11/L



WORK DAY

Pants, P1,490, Uniqlo. Belt, P199.75, SM Accessories at The SM Store. Shoes, P1,299, So Fab!. Bag, P999.75, SM Parisian at The SM Store. Earrings, P499.75, SM Accessories at The SM Store

HOW TO wear it

Wear your button-down to work, to a formal event, or to a weekend retreat.



SOCIAL FUNCTION

Dress, P1,699, Zalora, zalora.com. Shoes, P999.75; SM Parisian at The SM Store. Clutch, P599.75, SM Parisian at The SM Store. Bangle, P350, Kikay, Glorietta 2 2/L. Earrings, P449.75, SM Accessories at The SM Store

Layer the top under a dress for an unexpected look.



TRAVEL IN STYLE

Skirt, P1,295, Terranova, Glorietta 4 1/L. Belt, P450, Forever 21. Bag, P599.75, SM Parisian at The SM Store. Sandals, P1,099.75, Primadonna, SM Megamall Bldg. B 3/L. Bangles, P349.75, SM Accessories at The SM Store. Necklace, P750, Kikay

Comfy and wrinkle-free



White BUTTON- DOWN SHIRT

There's something about this piece that makes you look instantly fresh and put-together. This look is perfect for a night out on the town.

White button-down shirt, P990, Uniqlo, SM Makati 1/L. Skirt, P1,015, Forever 21, SM Megamall Bldg.B 2/L. Clutch, P499.75, SM Parisian at The SM Store, SM Mall of Asia 2/L. Necklace, P349.75, SM Accessories at The SM Store, SM Mall of Asia 2/L



blue JEANS

Your trusty pair of denims can be with you for years, if you find the right one. Jeans should always have a place in your suitcase whenever you travel.

Jeans, P990, Uniqlo. Top, P249.75, SM Woman Active at The SM Store, SM Megamall 2/L. Jacket, P1,425, Forever 21. Shoes, P999, So Fab!. Bag, P499.75, SM Parisian at The SM Store

A white blazer is a fresh alternative to the usual black.



COOL IN BLUE
Blazer, P1,490, Uniqlo. Top, P400, SM Woman at The SM Store, SM Megamall Bldg.B 2/L. Platforms, P899.75, SM Parisian at The SM Store. Bag, P899.75, SM Parisian at The SM Store

A sheer cover-up keeps you warm, not sweaty.



ALL GLAMMED UP
Top, P650, Kg Stylehub, @kg_stylehub on Instagram. Jacket, P550, Kg Stylehub. Heels, P1,599, Zalora. Clutch, P950, Kg Stylehub

HOW TO wear it

From easy breezy to something sparkly

BLACK AND BLUE
Top, P1,295, Ensemble at The Row, Glorietta 1 1/L. Shoes, P1,499.75, Primadonna. Clutch, P799.75, SM Accessories at The SM Store. Bangles, P349.75/set, SM Accessories at The SM Store



Give jeans a different spin by cuffing.

WHITE HOT
Top, P480, Kg Stylehub. Sandals, P3,999, CMG, Glorietta 4 2/L. Bag, P1,420, Forever 21. Sunglasses, P295, Freeway at The Row, Glorietta 11/L



THE CORPORATE WORLD

Top, P799.75, SM Woman at The SM Store. Blazer, P1,499.75, SM Woman at The SM Store. Shoes, P1,299, So Fab!. Bag, P799.75, SM Parisian at The SM Store



GOLDEN GIRL

Top, P650, Kg Stylehub. Shawl, P349.75, SM Accessories at The SM Store. Shoes, P1,199.75, SM Parisian at The SM Store. Clutch, P699.75, S Parisian at The SM Store. Bracelet, P450, Kikay. Earrings, P199.75, SM Accessories at The SM Store



HOW TO wear it

Take the skirt from the boardroom to a night out on the town.

Take a smaller waist by tucking the top in.



WORK DAY FRIDAY

Top, P1,800, Mango, at Zalora, zalora.com. Heels, P899.75, SM Parisian at The SM Store. Bag, P499.75, SM Parisian at The SM Store



FEEL THE CHILL

Top (worn underneath), P495, Terranova. Sweater, P715, Terranova. Scarf, P695, Terranova. Shoes, P1,499, So Fab!. Bag, P499.75, SM Parisian at The SM Store. Sunglasses, P295, Freeway at The Row



pencil SKIRT

There's something about this skirt that makes any woman look sexy without making the woman seem like she's calling attention to herself. The best length would be right above the knee.

Skirt, P805, Forever 21. Top, P600, Kg Stylehub. Clutch, P999.75, SM Parisian at The SM Store. Necklace, P449.75, SM Accessories at The SM Store



black SLACKS

The key to not looking boring or frumpy in slacks is to pair them with interesting pieces, like a bright top and colorful accessories.

Slacks, P1,400, Mango at Zalora. Top, P899.75, SM Woman at The SM Store. Kimono, P1,099, Spring Fling at Zalora, zalora.com. Bag, P699.75, SM Parisian at The SM Store. Earrings, P349.75, SM Accessories at The SM Store



WORK IT OUT

Top, P999.75, SM Woman at The SM Store. Shoes, P5,999, CMG. Bag, P1,299.75, SM Parisian at The SM Store. Bracelet, P399.75, SM Accessories at The SM Store. Earrings, P400, Kikay

LOOKIN' FANCY

Top, P500, SM Woman at The SM Store. Heels, P899.75, SM Parisian at The SM Store. Clutch, P999.75, SM Parisian at The SM Store.



HOW TO wear it

Take your pair from day to night with a few quick changes.



WEEKEND WARRIOR

Top, P399.75, SM Woman at The SM Store. Flats, P599.75, SM Parisian at The SM Store. Bag, P1,099, Spring Fling at Zalora. Sunglasses, P295, Freeway at The Row



IT'S A DATE!

Top, P245, SM Woman at The SM Store. Platforms, P1,899.95, Primadonna. Clutch, P499.75, SM Parisian at The SM Store. Bracelet, P480, Kikay

Wear a statement necklace to liven things up.



DATE NIGHT

Skirt, P909, Zalora. Belt, P129.75, SM Accessories at The SM Store. Heels, P999.75, SM Parisian at The SM Store. Clutch, P399.75, SM Parisian at The SM Store. Necklace, P650, Kikay

HAVING A BALL

Skirt, P950, Kg Stylehub. Heels, P899.75, SM Parisian at The SM Store. Necklace, P350, Kg Stylehub. Clutch, P399.75, SM Accessories at The SM Store

The plain top balances out the luxe feel of the skirt.



HOW TO wear it

Stock up on the perfect white tee, because you can wear one every day!

WEEKEND MARKET

Cardigan, P1,299, Kashieca, Glorietta 2 1/L. Shorts, P655, Forever 21. Belt, P249.75, SM Accessories at The SM Store. Flats, P999, So Fab!. Bag, P499.75, SM Parisian at The SM Store. Sunglasses, P295, Solo at The Row.



The printed cardigan makes this outfit interesting.

Too colorful? Swap the pants with blue jeans instead.

UP IN THE AIR

Jacket, P1,275, Forever 21. Pants, P1,000, Mango at Zalora. Scarf, P199.75, SM Accessories at The SM Store. Shoes, P1,499, So Fab!. Bag, P499.75, SM Parisian at The SM Store. Sunglasses, P295, Freeway at The Row





White SHIRT

A white shirt with a V-neck collar is universally flattering.

Shirt, P590, Uniqlo. Skirt, P799.75, SM Woman at The SM Store. Belt, P149.75, SM Accessories at The SM Store. Bag, P499.75, SM Parisian at The SM Store. Necklace, P349.75, SM Accessories at The SM Store

elegantly DRESSED

Celia Diaz

51, owner of Celia Diaz Homemade Goodies (which customizes cakes and cupcakes), mom of 5, grandmother of 3 →

"I've always had a difficult time choosing clothes in the right color for me, especially clothes that are in bright tones. To add to that, I'm really conscious about my arms and waist, and I tend to hide them under baggy clothing."

✓ CELIA BEFORE



PLEATS ARE FLATTERING

"The interesting pleating and the length is appropriate for her age, and the dress calls attention to the areas she would want to highlight," stylist Margaux Romero Alampay says. **Dress, P1,795, Details, Power Plant Mall 2/L. Bag, P1,537.50, and flats, P1,275, both from Alberto, Robinsons Galleria 3/L. Necklace, P400, Embellish at Robinsons Department Store, Robinsons Galleria 2/L**



CHOOSE PATTERNS WITH CARE

Especially for really colorful patterns, you must take care not to look like you're trying to be 20. So choose a pattern like this one—its subdued, complementary colors will get you compliments. **Dress, P1,895, Details. Shoes, P2,175, Alberto. Necklace, P799.75, L'indochine, SM Aura 3/L**

Beauty &
Fashion

STYLE SOLUTIONS

1 GO SOFT. Hairstylist Fritz Almencion gave soft layers to Celia's hair, to add bounce and movement to her locks. He finished it off with a red-violet hue, to give her a youthful look.

2 APPLY BARELY THERE MAKEUP. Makeup artist Muriel Vega Perez applied a creamy nude shade on Celia's lips, that was just the right shade to enhance her natural pout.

3 MIND THE LENGTH OF YOUR DRESS. A hemline that ends right above or below the knee is modest, but won't make you look dowdy. A short hemline falling well above the knee might make you feel uncomfortable.

4 DON'T BE AFRAID TO ACCESSORIZE. Statement necklaces, like those worn by Celia, come in all lengths, materials, and colors. These pieces also draw the eyes upward, and take the attention away from your areas of concern.

5 WHEN IN DOUBT, WEAR SOLID COLORS. In a rush in the morning to get dressed? Solid-colored dresses, especially shift dresses, are the easiest pieces to slip on.



A SHIFT DRESS IS YOUR FRIEND

When it comes to hiding your midsection, a shift dress that skims, not hugs, your figure is your best bet. For Celia, this dress addresses two of the areas she is conscious about, since it hides her upper arms as well. **Dress, P1,650, Ilaya Couture, Power Plant 2/L. Shoes, P1,275, Alberto. Necklace, P999.75, L'indochine**

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ARE YOU COVERED?

You might already be diligently saving for your child's college fund, but "it would be a mistake to jump to creating a college savings plan without the parent being insured," says Ofelia Tordesillas M.D., senior financial planner at MoneyDoctors Inc.

"Kasi if the parent is denied the time or the good health to continue [setting aside money for the college fund], hindi rin siya makaka-build up. Whereas kung yung parent, properly insured, kinuha siya ni Lord, pero covered yung parent ng

P2 million, at least may P2 million kaagad para sa bata."

You might want to consider getting insurance that has investments built in, which you can use for your child's future education.

Financial adviser Francisco J. Colayco says: "In recent years, insurance companies have started to offer variable universal life plans. These plans have investment components much like mutual funds. These are insurance-linked funds that may be suited to certain investors with insurance requirements. [They] are still evolving, and it is worthwhile to consider these policy offerings, which may differ from company to company."





"It's much better to over-save rather than under-save," says MoneyDoctors' Ofelia Tordesillas M.D. "Over-saving is like creating a basket of wealth. You put in, you put in, you put in until college na yung anak mo. Kung naging scholar pala siya, okay lang 'yon. Or halimbawa, yung naging choice niya ng school, hindi pala [ganon kamahal]. It could free up a lot more funds na nasa wealth basket mo."

INVESTING IN THE FUTURE

A STEP-BY-STEP GUIDE TO BUILDING UP YOUR CHILD'S COLLEGE FUND

"THE BEST INHERITANCE YOU CAN GIVE YOUR CHILDREN IS A GOOD EDUCATION," says Francisco J. Colayco, founder of Colayco Financial Education.

"This starts from childhood when you educate them on moral values, the standards of right and wrong, good and evil. It all starts with love, which you shower on them from the time they are born. Through the years, you would instill in them virtues like faith, hope, charity, honesty, diligence, and so on. They would learn all these mostly from your family example and from the good schools that you put them in."

School is a major factor—not just in building your child's body of knowledge, but also when forming your child's character. But the reality is that many of the best schools, particularly at the college level, are expensive.

"Even nursery and kindergarten cost so much money," says Colayco. "Parents are desperately asking how they can even think of saving for college when they are too busy making ends meet just to put their child through grade school and high school."

For some, paying for their children's education means allotting yearly bonuses to tuition payments. But while this method may work for now, it may not work later on, as children move higher up the education ladder.

"Ang inflation ng tuition is different from the nation's inflation," says Ofelia Tordesillas M.D., senior financial planner at MoneyDoctors Inc., which provides customized financial coaching to its clients. "Ang nation's inflation, we're looking at an

average of 4%. Ang tuition costs, nag-arise exponentially—10% or even more.”

While tuition fees increase by an average of 10% a year, salaries don’t experience the same bump annually. Thus, it will only get harder and harder to keep up with tuition payments.

Relying on a hand-to-mouth existence when it comes to tuition is also risky because of the many uncertainties. “What if yung bonus mo depende sa company? What if matanggal ka sa company? What if na-lay off ka?” asks Dr. Tordesillas.

“This is also one reason why many end up with credit card debt,” remarks Colayco. “They had to borrow to keep their child in school. It becomes a never-ending cycle of saving, not having enough when tuition is due, borrowing from credit cards, paying off the credit card bills instead of saving, and borrowing again when the next tuition is due.”

So what’s a parent to do? The experts all say: Don’t procrastinate. Your child may be a long way off from college, but the time to start preparing for it is now.

Here, GH resource persons break down the steps you should take to build up your child’s college fund.

STEP 1: DETERMINE WHERE YOU WANT TO SEND YOUR CHILD TO COLLEGE.

“Kailangan a parent should know first kung anong eskwelahan. If it were their choice, what school are they looking at? Is it a public school, private school?” begins Dr. Tordesillas. “Most parents would prefer yung eskwelahan na may recognizable name, that can earn that extra mileage from that diploma if their children apply for a job later on.”

Colayco, who is also an entrepreneur, venture developer, and financial advisor, recommends asking two questions: “What can you afford today?” and “What can you sustain?”

Addressing the first question, he says, “Choose the school you can truly afford without having to get into credit card debt. Note that you can borrow, if necessary, but based on a real ability to pay on time. By all means, avoid credit card debt that carries the highest interest rates. If you are already in debt for your child’s education today, how can you seriously even prepare for college fees?”

He also explains the importance of asking the second question. “While you desire the best education, you also do not want to pull out your child from school because you are unable to pay. This could be traumatic for the child and could negate the positive aspects of the education he started with.”

He continues, “Others have made the serious mistake of enrolling their children in high-end schools simply because they had enough money for their children’s first year. One or two years later, they end up ‘downgrading’ their children’s education to less expensive schools, resulting in a traumatic experience for their children.”

STEP 2: COMPUTE HOW MUCH YOU’LL NEED BY THE TIME YOUR CHILD GOES TO THE DESIRED SCHOOL.

Once you have an idea of where you want to send your child to college, you can compute how much you’ll be spending in the future.

The formula is straightforward, says Eduardo “Edric” Mendoza Jr., a registered financial planner and lead anchor of ANC’s personal finance show, *On the Money*. “First, get the current tuition fee. Second, determine how much tuition increases every year. Data shows 10% is conservative. Third, determine how many years until your child enters college. Last, compute for the Future Value. Ergo, how much it will cost when your child enters college,” explains Mendoza.

He recommends using a built-in formula for computing Future Value in

Microsoft Excel. You can also use a TVM (Time Value of Money) calculator, such as the one in the EZ Calculator app, recommended by Dr. Tordesillas. (See “Crunching Numbers.”)

To illustrate, let’s say you would like to send your eight-year-old child to either Ateneo de Manila University or De La Salle University. (“Data shows P160,000 to P200,000 tuition for one year across Ateneo and DLSU,” says Mendoza.) With your child going to college in ten years, and pegging current tuition at P180,000, you’ll be paying nearly P470,000 just for the first year of college. The total cost for a four-year course? Nearly P2.2 million!

Even if your preferred university costs less (say, P100,000 a year for Far Eastern University), you’ll still need about P1.2 million for your child to complete his or her education. Multiply that by the number of kids you have, and you’ll begin to understand why saving up for their college education should begin now.

“Computing is easy. Building up towards it is clearly the more challenging part,” says Mendoza about that college fund.

STEP 3: DECIDE HOW YOU WANT TO MEET YOUR TARGET AMOUNT.

There are several ways you can come up with the amount needed for your kid’s college fund, says Mendoza. “Save up monthly until the time comes. Build a business that can provide for these expenses when the time comes, if you don’t have one or aren’t a part of one



Once your child reaches college, it doesn’t mean you stop saving. By then, the saving habit should have become part of your financial life, says Dr. Tordesillas.

already. Figure out how to pay for it when the time draws near—pull out a loan, use salary bonuses, or other income at that time. Or some combination of the three.”

It may be challenging trying to build a cache of P2.2 million just by purely saving—this amounts to over P18,000 a month over 10 years, on top of paying for other expenses like your child’s current education—so both Colayco and Dr. Tordesillas recommend *investing* to meet your goal.

STEP 4: DETERMINE HOW MUCH TO INVEST.

You can again use your TVM calculator to figure out how much you need to set aside per month to reach your target amount. (See blue column marked TVM Calculator on opposite page.)

For example, having a target amount of P2.2 million and an investment instrument that yields 8% per annum means you have to set aside about P12,000 a month (which is P6,000 less than the monthly amount if you just straight-up tried to save P2.2 million).

“Of course, it pays to know kung mas may magandang investment vehicle. Like, for example, if I factor in 10% instead of 8%, then [the amount you set aside per month] goes down,” says Dr. Tordesillas.

Colayco, who is the author of seven bestsellers, including the *Pera Palaguin* series, has similar advice. “Determine what would be a target workable growth rate of an investment. Based on mutual funds performance over the last decade, an average of 12% annual cumulative rate is achievable.”

Mendoza, who is also the President

of TMA Homeschool, offers another approach, which starts with how much you can comfortably set aside per month.

“Compute for the tuition amount you need in the future, then compute how much money you have to work with. After you do this, compute what percentage earning you need to achieve every year in order for the current money you have to grow into the future tuition. If, for example, you determine that percentage earning is 10%, then you can look at investment options around you.”

Setting aside an amount every month is for families who rely on the monthly income from employment and small businesses. Colayco says, “This is, of course, on the assumption that they have no assets to sell now and to invest a large lump sum to start a college fund.”

Should you have extra money, you can try investing a large amount right now that will eventually grow into the amount you need by the time your kid goes to college.

Having a one-time lump sum investment, if you can afford it, takes away the burden of saving monthly to reach your target. To reach the P2.2 million target in 10 years for example, you’ll need to invest roughly P700,000 in an instrument yielding 12% annually.

Colayco says, “Somewhere in between would most likely lie their solution, i.e., one lump sum amount now, plus a smaller amount monthly to save and invest.” And a word on bonus month: “Definitely, the monthly savings required will be less if you can invest more during times when you receive gifts or bonuses.”

STEP 5: DECIDE WHERE TO INVEST.

Now that your goal is in sight, and you

know how much you can realistically set aside per month, it’s time to determine where to put your money so that it starts working for you.

“You really have to consider also yung age ng bata,” says Dr. Tordesillas. Generally, she would recommend stocks for those with children who are eight years old or younger.

“Not necessarily buying your own stocks, but getting into a program na ang underlying portfolio is stocks or equity. [You could still have] professional fund managers managing the funds on your behalf.”

Of course there are those who may not have the stomach for stocks, which have relatively higher risks than more stable (but lesser-earning) bonds.

“If you go very conservative, it cannot bring you close to your quantified goal,” she says. “Kung halimbawa, conservative ka, mix ng assets could be 50/50—50% na bonds, 50% na stocks or equity. Or it could even be more kung talagang mas conservative ka, 70/30. Pero di pwedeng wala kang stocks. Kasi yung stocks, yun ang growth sizzler eh.”

She adds that the closer your child gets to college, the more cautious you should be. “Let’s say the child is nine to thirteen years old. You should create a more conservative portfolio. If you have four years or even three years before he reaches college, i-transfer mo na [yung investment] sa money market or mga short-term government funds. Out of the equity market na. Ilagay mo na dun sa safe. Lock in your profit.”

On the Money’s Mendoza elaborates: “Start recalibrating your savings three years from the date you need it. Look

REALITY CHECK

No extra money every month? It’s time to re-evaluate your budget, says MoneyDoctors Inc. senior financial planner Ofelia Tordesillas M.D.

1 TRACK YOUR EXPENSES. “The first thing you should do is look very closely at how you’re spending. I-log mo yung spending habits mo for one whole month, lahat-lahat, every day, every minute, lahat ng gastos mo,” says Dr. Tordesillas.

2 SEPARATE THE ESSENTIALS FROM THE NON-ESSENTIALS. “Look at your expenses very thoroughly, and then try to decide alin ba yung mga essentials tsaka ano yung mga non-essentials. Yung mga essentials, you really cannot sacrifice naman. A little entertainment here and there will do no harm. Pero pag meron ka nang nakikitang totally extravagant naman talaga, start cutting on those expenses.”

3 PLUG IN THE HOLES IN YOUR BUDGET. “Maybe palagamit ka ng credit card na hindi naman binabayaran fully. So, when you look at the interest charges and the penalty charges for late payment on a monthly basis, they can add up to a significant amount talaga. Can you imagine kung ma-pay off mo and you get rid of all those charges? That’s a lot of money that can be used for the savings plan.”

4 FUNNEL THE EXTRA MONEY TOWARDS THE COLLEGE FUND. She also cites loans that you’ve fully paid—once you’re done paying for something (e.g., a car, a home), continue setting aside the same amount you’ve been setting aside previously, but direct it towards your child’s college fund.



"Beyond the savings goal, you need to determine your philosophy," says Edric Mendoza. "Why do you expose your children to the learning environment they are in? This is the most crucial question beyond money to finance the same. It is more crucial because this philosophy will ultimately determine what kind of man or woman they will become some day, the kind of choices and, consequently, opportunities that will open for them."

at the trends then, look at the investment performance then, and create an exit plan. You want to put your hard-earned savings in an investment instrument that is not as risky by the time you need it. Otherwise, the market may just fluctuate when you need it, and you may fall short of your goal."

Colayco says that his favorite options are mutual funds (MF) or unit investment trust funds (UITF). "You can learn more about them from pifa.com.ph and utif.com.ph."

He adds, "There are many different types of funds, depending on your particular situation. Over a twenty-year period, I would choose a reputable equity fund that has shown proven growth over the years."

"Try a PhilEquity fund (philequity.net) or one of the FAMI (First Metro Asset Management Inc.) funds (fami.com.ph). These equity funds have demonstrated average annual cumulative returns in the range of 12% to 20% over the last decade or longer."

He does issue a word of caution. "There are no guarantees on any investment that earns good interest. The higher the interest rate, the higher the risk," he warns.

"Your bank accounts are guaranteed only up to P500,000. Government treasury bills and bonds have the best guarantees, but have limited interest rates as well." (MoneyDoctors' Tordesillas says they have been yielding a disappointing 2% or less in recent years.)

It sounds complicated, but there is sure to be an investment instrument that suits your needs as well as your risk appetite.

Mendoza says, "But as you choose amongst the options, make sure to investigate the product—ask friends, family who may have bought similar products;

investigate the company—ensure it has a good track record; and assess your risk profile—companies offering these funds will help you determine this."

Don't put your money in something you don't understand. Educate yourself first, and talk to a financial planner to gain a better understanding of your options.

STEP 6: START NOW!

The number one mistake people make is waiting until it's too late.

"Parang, sigle lang, there's another tomorrow. There's another year," remarks Dr. Tordesillas. "Pero sa lahat ng bagay, especially sa savings and investment, let time be on your side. Kasi if you start early enough, it will become more convenient and economical. If you have a long timeline for your money to grow, it will not take much from your monthly [budget]."

And while the education landscape may change significantly in the future, especially with the advent of online courses and other technological developments, it still pays to be prepared.

"The fact that the world is different today than it was when we were kids (think cassette tapes, party line, pagers) clearly points to the fact that education will be different as it adopts to changes. Technology is radically reshaping the way education is happening," says Mendoza.

The repository of free knowledge online is growing, which may eventually reduce expenses on traditional education.

"So should we still save up for a college education? Yes, definitely!" insists Mendoza. "At the very worst, that money may not go to the college education, but instead can be cash you use for your life then." Besides, extra funds are always a good thing!

TVM CALCULATOR

PRESENT VALUE:

FUTURE VALUE:

ANNUAL INTEREST RATE (%):

NUMBER OF YEARS:

PERIODS PER YEAR

CRUNCHING NUMBERS

Use a Time Value of Money (TVM) calculator, available online or in apps, to determine how much your child's college education will cost.

1 Plug the current tuition fee of your desired school into "Present Value."

2 Type in the average yearly percentage increase of tuition in "Rate." (MoneyDoctors uses 17%, but 10% is a fair estimate.)

3 Type the number of years until your child goes to college into "Period." (Check that the settings are for an annual, not monthly, compounded rate.)

4 Click on "Future Value" to determine how much you'll be paying for the first year.

5 Repeat for the succeeding years of college, adding one, then two, then three to the value in "Period" to determine the amount for your child's second, third, and fourth years in college.

6 Add all four amounts. *That's* the estimated total cost of your child's college education.

CLEVER MONEY HACKS YOU NEED TO KNOW

Quick and easy tricks from the U.K. *Good Housekeeping* Institute (GHI) to help you take control of your finances in minutes



1 BE A CONTROL FREAK!

Too much month left at the end of the money? A budgeting app on your phone is a smart move. A techie version of keeping a spending diary, it lets you enter the item and cost every time you spend and save, by category, if you've put in your monthly spending limit, even better.



2 PROTECT YOURSELF

Keep a close eye on your credit records. Spotted an error? Call the credit card company to get it amended as soon as possible. Always follow up in writing and copy correspondence.



3 START A RAINY DAY FUND NOW

If good intentions to put money away every month get waylaid by a busy life, a spending splurge, or just forgetfulness, we sympathize—but there is a way! Set up an automatic transfer from your current account into a high-interest savings account at the start of every month, and—here's the crucial bit—treat it with the same respect as other fixed regular expenses.

4 DEMOLISH THE PAPERWORK

Set aside a couple of hours to sort through your financial paperwork—it can be time consuming, but it is strangely satisfying. Shred statements and utility bills that are more than two years old. Scan important pieces of paperwork like wills, marriage certificates, car insurance, and ITRs, and store them on a secure cloud service. “If you're doing this, always lock your account with a password and only access it from your secure home Wifi,” says GHI tech expert Carrie-Ann Skinner.

5

CUT THE HASSLE FACTOR.

Set up a monthly direct debit. Arrange for the money to leave your account at the start of the month—it's easier to see what's left if the big hitters go early.

6

GET A BANK APP

Right here in the Philippines, banks like Metrobank, BDO, and BPI already have their own apps. Register for online banking first, then download the app and register your details. Worried about safety? GHI's Skinner says: “Never access your banking app using unsecured public Wifi, and always quit the app when you're done. Also, set up your phone so it only unlocks with a password or PIN code.”

7

ABANDON YOUR POST?

Companies love customers who go paperless and pay online, but we recommend you stick with paper copies of bank statements—it's much easier to spot errors and keep an eye on spending when it's under your nose. Paper bills also come in handy on those occasions when you need several forms of ID to prove who you are, like when applying for utility services and the like.

Text from U.K. *Good Housekeeping*. Photographs by U.S. *Good Housekeeping*. (phone); iStockphoto (cards); Getty Images (piggy bank).



INSPIRE AND IMPRESS

Want to eat and live healthy? Start at home.

Healthy eating starts with proper food preparation. That's why it's better to cook from scratch, so you know exactly what goes into what you eat. To make it easier to prepare good meals, use the **Tupperware Impress Me**. It's designed to form impressive rolls and bars from dough or meat, and is perfect for making nuggets, chorizos, fish sticks, or even churros. Instead of buying pre-made frozen food, you can create your own delicious treats from scratch with just one press.

After preparing your ingredients, get ready to show off with **TupperChef Inspire Cookware**. It's equipped with a Smart Lid made of tempered glass and a special vapor vent for waterless cooking. This results in delicious, nutritious natural flavors with less oil. Its encapsulated base gives you efficient heat distribution and is made of stainless steel, allowing you to use it on induction stovetops. The ergonomic Bake Lite Handles also stay cool, making potholders unnecessary. It's an absolutely inspiring way to cook!



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"When I fell pregnant I would lather myself in Bio-oil. I thought, listen, if ever there's a time to use Bio-oil, this is it. I'd gotten stretch marks a few years ago when I put on a bit of weight, but when I was pregnant I didn't get a single one. And now my friend's just found out she's pregnant so I've told her all about it. You know, I think girls just wanna look good. When you look good you feel good."

Lisa with Gia

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Nielsen, 2015

Money MATTERS

Expert advice on how to manage
your finances—NOW

Q THEY SAY THE WAY TO GET RICH IS TO HAVE YOUR OWN BUSINESS—THAT YOU SHOULDN'T HAVE TO RELY ON A STEADY INCOME AS AN EMPLOYEE. IS THIS TRUE?



As with anything in life, it takes consistent hard work to succeed in business.

When you are starting your work life, employment may provide financial nirvana as your needs are few. However, as you get older, there is more pressure to make more money, especially if you're paying for your children's education, buying a car, a house, and saving up for retirement. Most entrepreneurs got started when they realized that an employee's salary might not be enough to pay for all these needs.

You can start with something that can be done from the home and on weekends. As you accumulate capital, you can make the big jump and get into full-time entrepreneurship.

To hedge the risk of financial distress if the business fails, it would be ideal if you have another source of income such as an employed spouse or, if single, support from your parents.

Going into business has its risks and benefits. To validate your theory that business is the way to go, make a list of the top 20 wealthiest people in this country. You will be surprised to discover that majority of them are entrepreneurs.



Sure, you are open-minded, but you also have to be discerning.

Q MY FRIEND WORKS FOR A DIRECT SALES COMPANY. SHE HAS ASKED ME TO INVEST. HOW CAN I TELL IF IT'S NOT ANOTHER PYRAMIDING, GET-RICH-QUICK SCHEME?

To determine if the company your friend works for is worthwhile, you need to answer two questions. First, is it selling a legitimate product? And second, will your income depend on recruiting people?

I have seen a lot of people recruiting for direct-sales organizations and, eventually, the business depends on more recruits to keep it going. As the recruits "invest" by buying more and more products, they end up not making money, since most of their income is spent trying to sustain the organization.

If you want to make money out of directly selling a product, then go ahead. But if you need to drag friends and relatives into the organization to make money, don't do it. If the organization collapses, the damage to your personal reputation would be difficult to repair.



Joe Ferreria is President of MoneyDoctors Inc., a personal finance consulting firm. He started his practice in 1990. He believes that all Filipinos have an equal opportunity to become permanently wealthy, if only they were willing to integrate into their lives good money habits.

Photographs by Getty Images (store, friends); from Joe Ferreria (profile photo).


your HOME

CONDO LIVING • HOUSE UPKEEP



THE DARK SIDE

Dark-colored walls make a space look cozier—like a cocoon—and also more dramatic. They go particularly well with some styles (industrial, ornate) more than others (country, shabby chic), so be sure the look you're going for isn't at odds with your chosen color.



This **Calligaris floor lamp** adds interest to the vertical space. You can find Calligaris products at Clipp Center (11th Avenue corner 39th Street, Bonifacio Global City, Taguig City).

In large, open spaces, rugs (like this **brown shag rug**) can delineate an area, and keep a setup from looking like it's floating.

a space for ART & PLAY

This sprawling condo unit serves as home to an art-loving couple and their active twin boys.



Kenneth Cobonpue's **Chiquita** stool (kennethcobonpue.com) is a fun addition to the living area. At first glance, it looks rigid, but sit down and you'll find that the rattan poles recede and give you a surprisingly comfortable seat.



Living Area

The residents previously lived in a three-storey townhouse before moving to a condo unit that was much closer to the tween boys' school. Much of the furniture came from the family's old home.

The living room has a massive greige sofa. The customized sofa is made up of four pieces, including another section found in the couple's bedroom. "It was meant to be all together—four pieces for a TV room, like a puzzle," says the lady of the house.

The painting mounted on the wall at left is by Gus Albor, while the twin sculptures (shown in the previous spread, beside the floor lamp) are by Arturo Luz. Funnily enough, after the couple purchased the pair of sculptures, they got pregnant with twins!

The marble-topped coffee table is from PLC 107 (La Fuerza Compound, 2241 Chino Roces Avenue, Makati City). A terrarium and potted orchids inject life into the space.



Entryway

A console table lines one wall of the entryway, and is topped with an interesting mix of objects. A silver stool balances out the heaviness of the dark wood.

Harry Bertoia's **Diamond Chair** is positioned by the front door.

3 BEDROOMS

3 BATHROOMS

1 POWDER ROOM

1 DEN

300
SQ.M.

Living Area

The lady of the house says the green divan is another piece from their old house, and was previously found outdoors, in their patio. The painting is by Florencio Balajadia Concepcion.



When styling a **tabletop**, have an assortment of shapes and heights, to keep the tableau from looking flat.



A **cowhide rug** grounds this space, found between the living and dining areas.

Dining Area

The lady of the house says that she and her husband decided to move very quickly after seeing the unit. "We looked here, and all of a sudden I saw how all the furniture would fit. I didn't have to buy anything." They did have to repurpose some pieces. The dining area's buffet table, for example, used to be the kids' chest of drawers for their clothes.

The glass-topped dining table by Kenneth Cobonpue is surrounded by a mix of chairs. The area offers plenty of seating, perfect for all the entertaining that the family does. In fact, the night before the shoot, they had hosted a party. "The kids' school is nearby, so their friends also come a lot. It's a clubhouse!"

The **pendant lamps** are from Lights and Play (MC Home Depot, Justicia Drive, Bonifacio Global City, Taguig City).

Find similar Eiffel-inspired **chairs** at Our Home (SM Megamall Bldg.A LG/L, Mandaluyong City).





The **table for two** is an intimate alternative to the ten-seater in the dining area.

Kitchen

The small kitchen has cerulean walls and white cabinetry, as well as a table for two.

"My grandmother, when I was small, used to subscribe to *Good Housekeeping*. She would buy it for the cooking stuff. I do not like the kitchen, I don't even step in there!" says the lady of the house. "I would read it for the organizing, decluttering. And there was this girl called Heloise. I would read it over and over again!" (Heloise is a columnist in GH U.S.)



The **sofa** in the den is gray, like the walls, giving the room a muted look and allowing the paintings to shine.

The sculptural **light fixture** is from Lights and Play, and is a quirky addition that offsets the clean lines of the rest of the pieces in the room.



"I always wanted a **bar cart**," says the homeowner. "That's by Patty Eustaquio. She designed it for E. Murio (emurio.com)."



The brown mohair **armchair** is from an export company based in Pampanga.

Den

The den, which opens up from the living area, is the favorite room of the lady of the house. "My husband jokes about my taste. That's my favorite wall color. I wanted pa nga darker, but I held back," she says.

"I've always wanted a salon wall, but I never had a room for it that made sense," she says. She finally has a place that acts as a virtual art gallery, featuring pieces by such artists as Juvenal Sanso, Emmanuel Garibay, Romulo Olazo, Juan Alcazaren, Arturo Luz, Pep Manalang, and Parker Encisa. A fan of modern abstract art, she says, "You can tell the two that my husband picked are the ones with figures!"

The den is where the family hangs out and watches TV, and it also serves as an area for spillover guests when they have parties.



Play Room

"When we showed this to the kids, they had a choice between two rooms. Normal kids would pick the bigger room for their bedroom, but no. So they're in the smaller room," says the mother of football-fanatic boys.

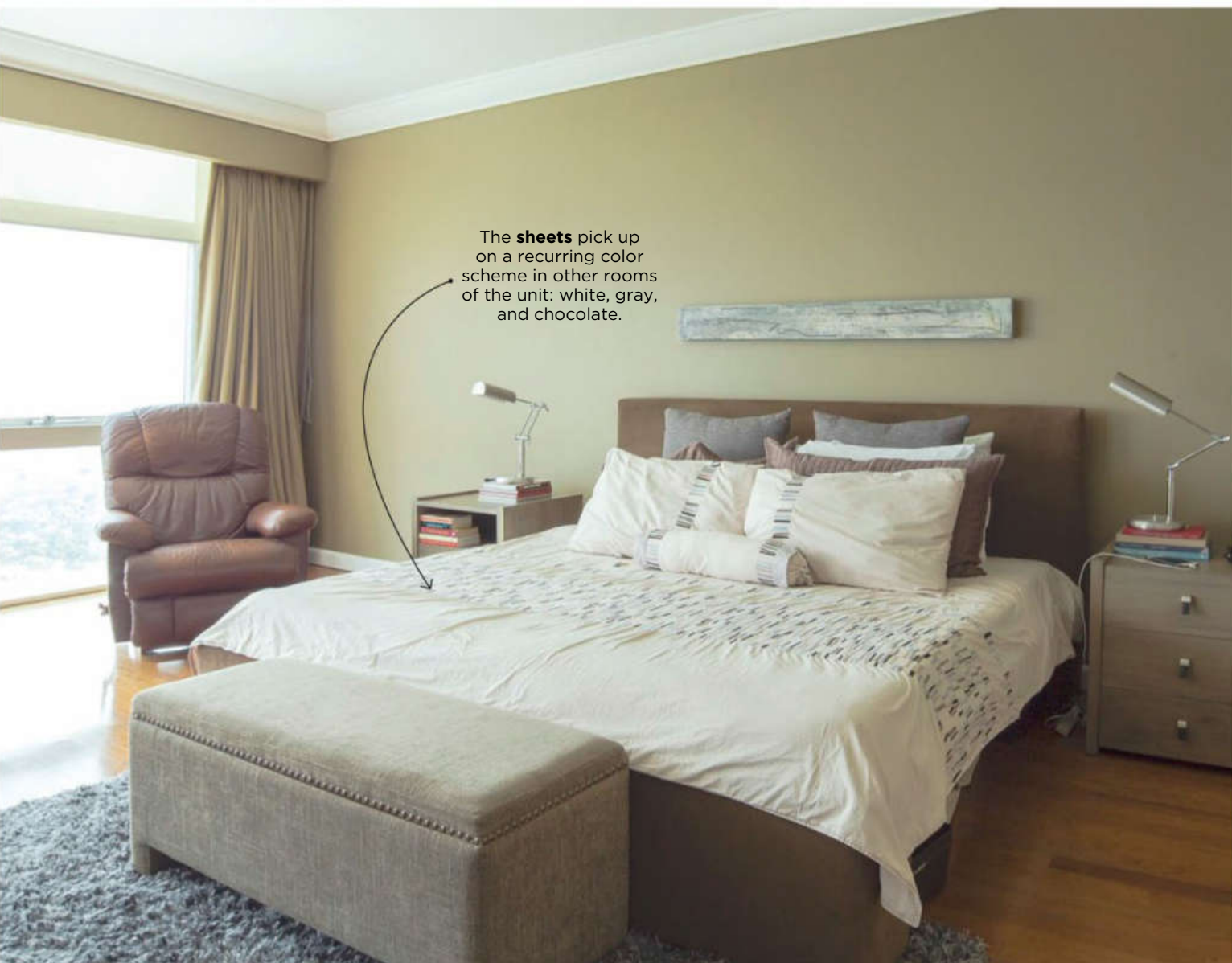
The artificial turf was installed in their old home. "They cried when we said we were leaving the grass, so we promised to bring it. It's going wherever we go!"

Because their home is accessible to the boys' school, friends often come over. "And then at night, they bring in mattresses, so it becomes like a camp," says the mom.



Boys' Room

This mom changed most of the wall colors of the unit, including the boys' quarters. "The whole apartment was white," she says of their rented space. "But I promised [the owners] I'd return it to white when we're done." The boys' room is done up in mocha. The mom, who makes furniture as a hobby, made the headboard, which came from the previous home and fit perfectly here.



The **sheets** pick up on a recurring color scheme in other rooms of the unit: white, gray, and chocolate.



Mademoiselle chairs add a touch of femininity to the room.

Master Bedroom

The bedroom has a customized bed, one section of what is a living-room sofa, a bench with nailhead trim, a plush shag rug, a pair of designer chairs, and a La-Z-Boy. While the man of the house didn't involve himself in the design of their home, he was adamant about keeping his leather reclining chair.

"His La-Z-Boy is there. You know, choose your battles. He was adamant about keeping his leather reclining chair."

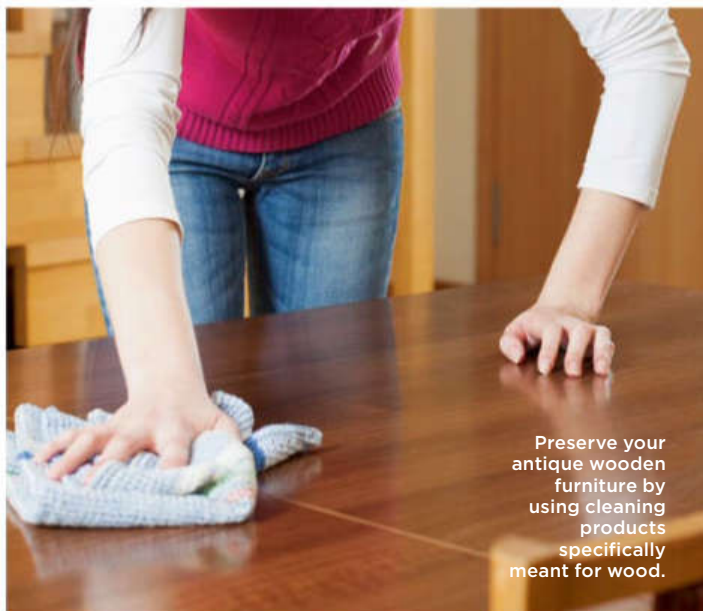
& **HOUSEHOLD HELP** *cleaning tips*

How to run your household more efficiently, from top to bottom

KEEPING IT CLEAN



I got an antique narra table from my ninang. How do I clean it while maintaining the antique feel?



Preserve your antique wooden furniture by using cleaning products specifically meant for wood.

First, wipe the table with a dry microfiber cloth, just to remove dust and shallow dirt. Then, put a little lemon oil or furniture oil on the microfiber cloth, and use it to scrub the table clean. The bottle of furniture oil must clearly state that it's for wooden furniture—since this is oil-based, it's non-abrasive and will not harm your antique wooden furniture. You may also make your own furniture oil by mixing olive oil and lemon juice in a bottle. Scrub in the direction of the grain of the wood. Make sure all excess oil is rubbed off the table. You should expect to see dirt from the table on your cloth. The oil will not only lift the dirt off, it but will also leave your table shiny and help preserve the wood.

—Marivic Arambulo

Is there any merit to using drawer liners? I can't seem to find liners in a scent I like. Is there a way to make my own?

Liners protect your clothes from residue (dust, dead insects, wood particles) that may have gathered at the bottom of your drawer. When you feel that your drawer liners have become quite dingy, simply remove them and replace with new sheets.

Scented drawer liners not only protect, they also infuse your clothes with a lovely fragrance. They're best for underwear drawers because you want your expensive undergarments to always smell fresh. A favorite scent for drawer liners is English lavender.

Make your own scented drawer liners with wrapping paper, wallpaper, or fabric. Cut the sheet to the size of the drawer. Mix a 50/50 ratio of your favorite scented oil with water. Pour the mixture into a spray bottle. Spray the side of the liner that faces the bottom of the drawer, and you have a drawer liner that is scented to your preference. —Marivic Arambulo

Q

WHAT'S THE BEST WAY TO REMOVE STAINS, LIKE PAINT TRANSFERS AND SCUFS, FROM WHITE WALLS AND FURNITURE?

If you can feel the paint transfer when you run your hand over it, use a paint scraper to remove the paint. Be very gentle when doing this so as not to scratch the white paint.

If the paint overspray feels flat, use a magic eraser. It is made of melamine foam and looks like a white sponge. Lightly spray it with water, then use the moistened side to lightly scrub the paint transfer. If this doesn't work, I'm afraid the only solution is to repaint the wall.

For scuff marks on a wall, you can first try scrubbing them off with a mixture of water and dishwashing liquid. Mix one pump of dishwashing liquid into a spray bottle filled with water. This simple solution works, with a little bit of elbow grease. But again, if it doesn't, use the same magic eraser.

—Marivic Arambulo

MAID MATTERS

Q I'VE HEARD THAT EXPATS GET BETTER MAIDS, BECAUSE THEY PAY HIGHER AND MAKE USE OF A REFERRAL SYSTEM. IS THAT A BETTER ROUTE RATHER THAN GOING THROUGH AN AGENCY?

Although there are advantages and conveniences when you use an agency, I am a staunch believer in the referral system. Whether an expat or a local employer, paying a staffer generously may improve the resource pool, but it does not guarantee getting a perfect maid for your household. Having someone you trust recommend a person to you will always, in my opinion, carry more weight. Also, information from referrals gives more insight into the would-be staffer since it's based on personal experience. This way, you get a feel of the person beyond a single interview or words on a page.

Getting the best person to become part of your home takes a combination of luck, proper due diligence, and daily devotion. —*Tisha Bautista*



Q I'VE HEARD THAT SOME EMPLOYERS ASK THEIR MAIDS TO FILL OUT QUALITY CONTROL FORMS, TO ENSURE THAT THEY'RE ABLE TO CLEAN ACCORDING TO THE STANDARDS OF THEIR EMPLOYER. IS THIS ADVISABLE? WHAT SHOULD BE IN THE FORM?

Forms are always a good way to create structure and discipline in any environment. The basic premise is to motivate your staff to work well since someone will be watching, and someone will check. Some households thrive on this type of method, but others get intimidated by it.

The ideal would be to get people to work for the virtue of the result, regardless of whether someone is watching. How do you do this? Work by example. Make sure everyone else in the household gives the best to his/her work. Or choose to motivate by rewarding the staff with positive verbal reinforcement for a job well done. In short, there are other ways to guarantee quality control other than a document.

But just in case you decide to go this way, the Internet can provide you with many suggestions for content (such as survey parameters, duration controls, cleaning area checklists, etc.). Otherwise, encouragement, consistency, and instilling pride in the work may actually do wonders for quality control.

—*Tisha Bautista*

Q MY MAID PREFERS NOT TO TAKE A DAY OFF, AND WOULD RATHER GET EXTRA PAY. IS THIS LEGAL?

The Kasambahay law allows the following as long as the terms are mutually agreed upon by both employer and the employee: Offsetting a day of absence with a particular rest day; waiving a particular rest day in return for an equivalent daily rate of pay; accumulating rest days not exceeding five days; adding the accumulated rest days (maximum of five days) to the five-day SIL (Service Incentive Leaves); and waiving a particular SIL in return for an equivalent daily rate of pay.

Clearly, the key words here are “mutually agreed upon.” The basic premise of this law is to create a semblance of fairness for both parties. Your maid cannot demand that you pay her wages for work that you do not require of her. In addition, the whole concept of a “rest day” is actually necessary for the optimal performance of work duties. If your staffer is always tired from too much work, she will not be able to function properly. That is why the law safeguards the worker's right to a day of rest. As her employer, try to explain to her that taking the proper days off is important to her well-being. Balance is always key.

—*Tisha Bautista*

THE EXPERTS



Tisha Bautista
Author of *Good Housekeeping Maid Manual* and *Smart Parenting Yaya Manual*



Christine Araneta-Ferreira
Management consultant and facilitator; conducts workshops on managing household staff



Marivic Arambulo
Owner of The Cleaning Diva, which provides housekeeping services to residences, offices, and other establishments.

YAYA CONCERNS

question

I found my yaya lying down on our bed, with her feet on our pillows while playing with our two-year-old daughter. The yaya has access to our room since our daughter spends most of her time there, but how can I set limits?



Most yayas don't know any better unless you establish boundaries in your home. Each family has its own set of rules, and it is important for her to understand that your lifestyle is different. You may want to write down the do's and don'ts of being a yaya in your household. That way, you don't focus on one incident, which may embarrass her. You will also need to sit her down (either when your child is taking a nap or is in school) and go through the list with her. Remember to praise her for the good job she's doing, and remind her about what is acceptable and not acceptable in your household. And as with any employee, it's good to remind her about her responsibilities once in a while. —Christine Araneta-Ferreira

We have a really good yaya, and she's paid a reasonable salary. A parent spoke to her while she was waiting for my child, and asked if our yaya wanted to work for her, with a higher salary to boot. I can't afford the salary being offered to her. What should I do?

This situation is always a challenge. We've trained our help and she is doing such a good job taking care of our children. Then one day, she gets a job offer. You do not want to start a bidding war with other parents who can afford to pay more.

Talk to your yaya and explain to her that she has become part of the family, and let her know how much your child is attached to her. You can compensate her with other benefits that aren't monetary—extra leaves every year, for example. Make sure she already has the compulsory SSS, PhilHealth, and Pag-Ibig benefits.

If she is doing a very good job of watching over your child, a three to five percent increase in her salary every year or two may be more reasonable for your budget. After all, you are entrusting her with the care of your child. —Christine Araneta-Ferreira

Q

What are good questions to ask when interviewing yayas?

This will depend on the age of the child she will be caring for. You have to learn about her experience and get a feel for her values. Below are some basic questions you can ask applicants.

1. How long have you been caring for children, and how old were they?
2. What is your favorite age to care for a child and why?
3. What are the best and worst things about being a yaya?
4. What do you find most interesting and challenging in your job?
5. What are your favorite activities to do with a child who is my son's/daughter's age?
6. What are some of the rules you've followed in other households that you think worked well?
7. What is your view of disciplining a child and what should be the yaya's role?
8. How have you handled difficult situations, like a child talking back?
9. What are you most proud of when it comes to your job?
10. Are you willing to do light chores while our child is sleeping?
11. Do you have any personal responsibilities or health issues that could interfere with your work?
12. When would you be able to start working?

Ask for a minimum of two references and call them to get more information.

—Christine Araneta-Ferreira



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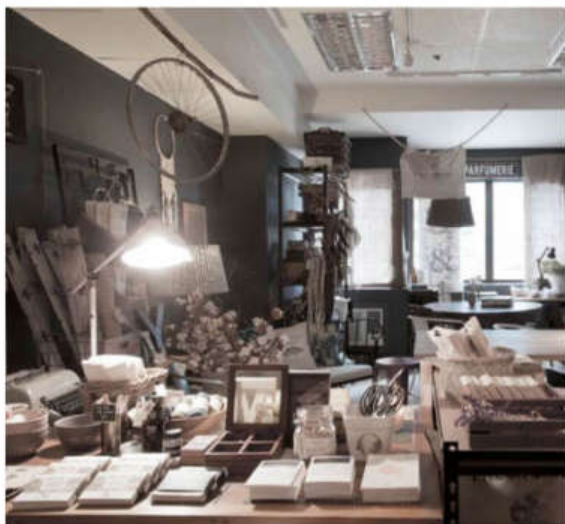
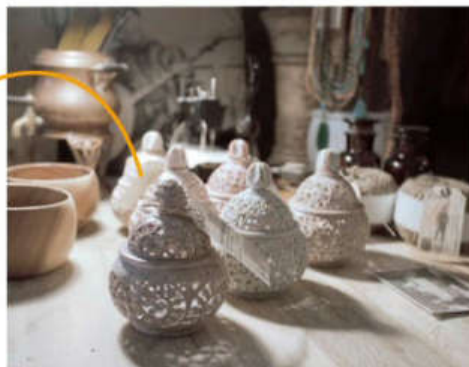
*Lucky Me! Lite has 30% less sodium vs. Lucky Me! Mami Chicken na Chicken and Beef na Beef.

DECOR & MORE

Craftsmith advocates slow living and simplicity, and sells meticulously handpicked or handmade items you can use every day.



Marble jars,
P4,200 each



WORTH THE TRIP Visiting the store itself is like heading out on a treasure hunt; it's hidden inside a building that's within one of the busiest places in the country. What you need to do is follow the smell of coffee, paper, wood, and metal all mingling together, and you'll find yourself transported to a place where old-world living still exists and thrives. Time seems to go slower once you walk through the store's doors.

THE EVERYDAY, ORDINARY THINGS No inch is wasted in Craftsmith—the store brims with furniture, sets of stationery,

jewelry, tea towels, vintage sewing scissors, wooden crates, and iron basins. All these varied items have one thing in common: each one has been chosen because it evokes the simple lifestyle that the store stands for, inspired by “the everyday ordinary.”

ALL OVER THE GLOBE While most of the pieces you'll find are made by local artisans (they often man the store), some are sourced from neighboring countries. Craftsmith also accepts commissioned work for furniture and interior design.



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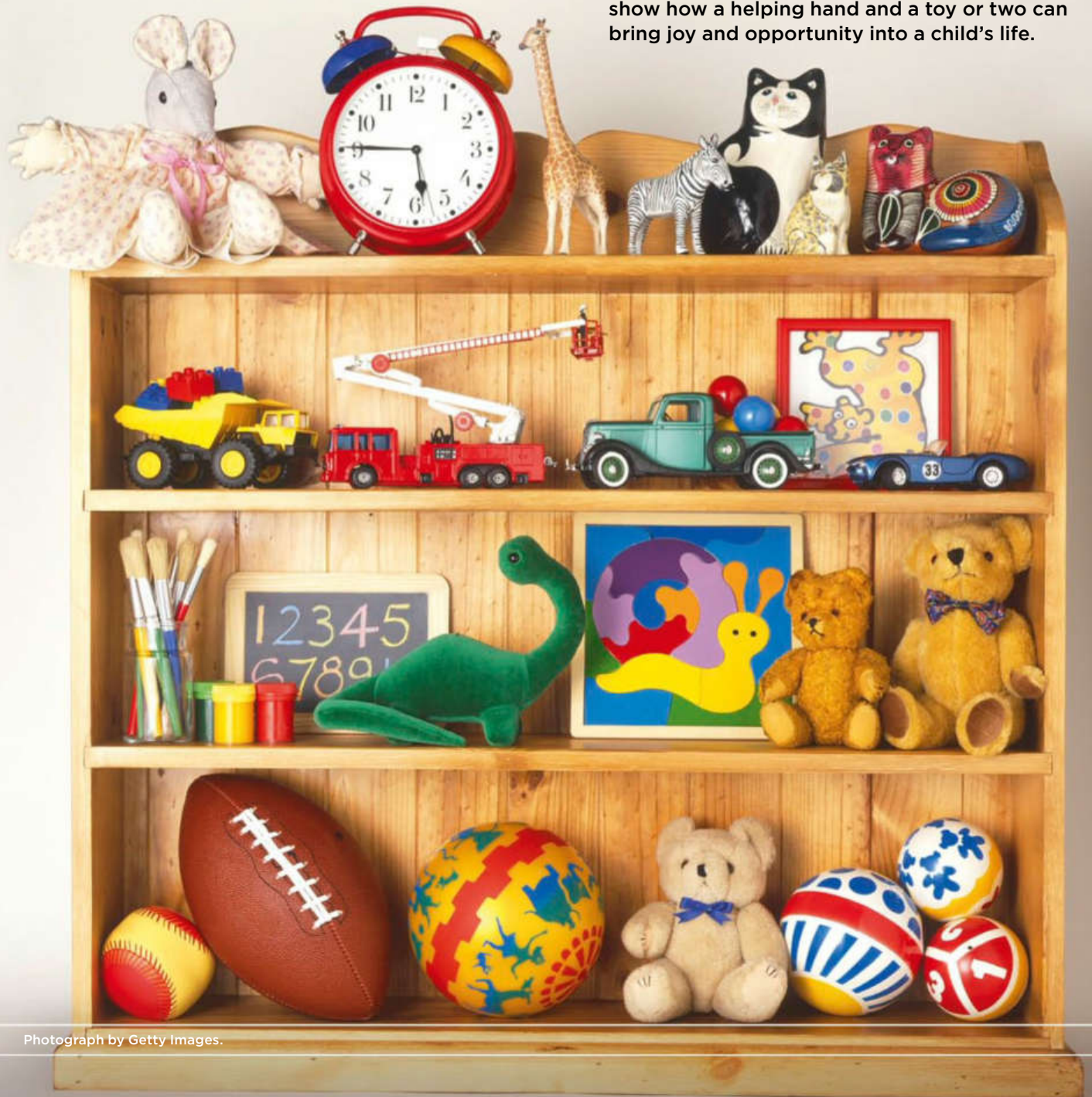
STORE: Craftsmith
ADDRESS: Unit 2J, Crown Tower, 107 H.V. Dela Costa Street, Makati City (632) 869-8022; open Monday to Friday, 11 a.m. - 4 p.m., Saturday, 10 a.m. - 2 p.m.

real LIFE

GOOD DEEDS • WHAT TEENS DON'T TELL THEIR PARENTS • LIFE LESSONS

CHILD'S PLAY

Fact: There are millions of underprivileged kids in the country who have not been given the chance at a better life, or even just the luxury of being kids. Fact: There is something you can do about it! Fact: In the next pages, two groups show how a helping hand and a toy or two can bring joy and opportunity into a child's life.



Photograph by Getty Images.

Volunteer Jesha Villasis (in white T-shirt, holding white Barbie doll) joins the kids during playtime at the Barangay Loyola Heights toy library.



THE *Play's* THE THING

THE PHILIPPINE TOY LIBRARY ENVISIONS THE DAY ALL KIDS, ALL OVER THE COUNTRY, WILL HAVE THE OPPORTUNITY TO PLAY.

COMING OUT OF CHURCH ON PENTECOST SUNDAY IN 2011, EDEL RAMIREZ

thought, "What else do You want me to do?" The 42-year-old, who runs a property business, had just come from Gabaldon, Nueva Ecija, where he formed close relationships with the Dumagats, an indigenous people, and was looking for other opportunities to make a difference.

"After coming out from the parish, I saw kids playing by the bangketa. Sabi ko, they deserve a better opportunity for play," he says. "And then parang may narinig ako na, 'Just take care of my kids.'"

Edsel tried to determine how exactly he could "take care" of the kids in his community, the Loyola Heights in Quezon City. While the area is known for affluent villages like La Vista and Xavierville, it also has many urban poor residents.

"Hindi naman ako educator. I'm not a teacher. I don't have money for a feeding program. I can't set up schools like other people. 'What else and in what way?'" he asked himself. "Parang nag-hit lang talaga siya: Play! Just bring them to a place where they can play."

Edsel pitched the idea of having a play space for kids to Barangay Loyola Heights leaders. When the latter gave him the go-signal and the space at the barangay hall, Edsel started asking friends through Facebook for toy donations. He had plenty of help from his wife, Jennifer Rose, and two daughters, Jessica Anne Nicole and Justine Gabrielle, as well as friends Aika Robredo, Harvey Keh, and Jules Falzado.

In June 2011, the toy library opened its doors to the Loyola Heights community. The project proved so successful, it caught the attention of two individuals from the Ninoy and Cory Aquino Foundation, Boom Enriquez and Mika Millar-Brasileño. They encouraged Edsel to take his idea

nationwide, and volunteered to help, along with Jason Brasileño. And thus, the Philippine Toy Library (PTL) was born.

Since 2012, the organization has put up 102 toy libraries across the country, from Sagada to Sulu. They are housed in various places, such as day-care centers and kindergarten classrooms of public schools. "In some areas, partner yung Philippine General Hospital. Habang yung mga bata nakahiga, we bring play to them by providing shelves and toys for their guardians to pick," says Edsel. "Iba-iba. May IP [indigenous people] communities or katutubo."

Jesha Villasis, a 23-year-old PTL volunteer in charge of internal operations, explains that PTL generally only provides toys. "We require a site

na dapat po may structure na sila, may space na po sila, and then may tao na magbabantay po talaga. And then we also ask them to provide the toy shelves, rubber mats, and the paint, to ensure na may community ownership na.

"Kasi parang ang nagiging case po sa iba, 'pag dole out po lang nang dole out, hindi nila inaalagaan. So we only provide toys lang po talaga and the mechanism how to do it. We guide them po through the process."

Some people may think that, in the bigger scheme of things, toys and play don't really make a difference. But as early as 1990 the United Nations Convention on the Rights of the Child (Article 31) already declared that every child has the right to play, and studies continue to show that play is important to any child's development.

In a report published by the American Academy of Pediatrics in 2007, lead authors Regina M. Milteer and Kenneth R. Ginsburg M.D., M.S. Ed., wrote, "Play is essential

These bright and pretty faces belong to (left to right) Ninya Saquilabon and Jesha Villasis, who handle everything from internal operations to storytelling.



to the social, emotional, cognitive, and physical well-being of children beginning in early childhood. It is a natural tool for children to develop resiliency as they learn to cooperate, overcome challenges, and negotiate with others. Play also allows children to be creative.

"However, children who live in poverty often face socioeconomic obstacles that impede their rights to have playtime, thus affecting their social-emotional development."

This is where PTL comes in. "Iba talaga yung nagagawa ng play sa mga bata," remarks Jesha. "The mere fact

na makakita lang sila ng laruan, talagang nagba-brighten talaga yung mga mata nila.”

Jesha tells of the time they donated toys to Aeta kids in a mountainous part of Pampanga: “Nung nag-open na po kami ng toys, sobrang surprised po yung mga bata, kasi first time po talaga nila makakita. Tapos ang gaganda po talaga ng mga mata nila, talagang mulat na mulat. Yung surprise, yung awe sa mga mata nila, yun talaga yung moving.”

Fellow volunteer Ninya Saquilabon recalls her experience at one toy library: “May isa po akong encounter with a kid and a stethoscope. Nung nakita niya po yun, hindi niya po alam kung ano ang gagawin. Sabi ko, ‘Ito, pang doktor ito, ginagamot niya yung mga bata pagka sakit.’ Sinabi niya, ‘Ah, gusto ko rin po maging doktor!’ So, through that kind of toy po, nalaman niya yung ambition niya or profession niya po in the future. Dahil po dito sa nakikita nilang laruan, mas nabibigyan po sila ng pag-asa, nabibigyan po sila ng inspirasyon na magpatuloy.”

As for Edsel, a memorable encounter involves a child from Payatas, Quezon City. “Lumapit yung kid, gutom na gutom na daw siya, pero ilalaruan na lang daw niya yung gutom niya,” says Edsel. “It pains me also, kasi I cannot remove hunger from them. Yung toy library, hindi naiibsan yung gutom, hindi nababago yung buhay nila—pero, at least, they can find refuge through play.”

PTL may not fill hungry kids’ stomachs, but it feeds their minds, it fuels their imagination, and it gives them the chance to just be kids.

If you wish to donate, in cash or in kind, email info@toylibraryph.com; text (63917) 318-2795; or visit philippinetoylibrary.org and facebook.com/PhilippineToyLibrary.

Funding is needed for shipping expenses and site visits, the latter to ensure that the toy libraries are well maintained.

Edsel says, “This is also a story of generosity. In the three years that we’ve been doing this, as much I’m fueled by stories of the kids, I am also equally filled up by the stories of generosity. Hindi natin mapupuno yung 102 libraries kung walang generous kids who’ve let go of these toys, and the parents who support the kids letting go of the toys.”

FROM *Japan,* WITH LOVE

AFTER A VISIT TO AN ORPHANAGE IN ZAMBALES IN 1994, A JAPANESE NATIONAL DECIDED TO MAKE THE PHILIPPINES HIS HOME AND TO DO WHAT HE CAN TO HELP FILIPINO CHILDREN.

HAJIME YOKOTA WAS JUST A 17-YEAR-OLD HIGH SCHOOL student when he decided to visit the Philippines, by himself, in 1994.

“Gusto kong mag-ibang bansa pero hindi ako mahilig sa sightseeing,” says the Japanese national, who now speaks fluent Filipino. “Tapos narinig ko sa isang kaibigan kong Japanese na meron silang research team para sa Pinatubo eruption. One of their sites, malapit sa bahay ampunan.” He decided to visit the orphanage.

After convincing his parents to let him go, and armed with nothing but the address of the orphanage, Hajime set off for the Philippines. “Pagpunta dito sa airport, hindi pa ako marunong mag-English, Japanese lang,” he narrates. He took a taxi to Baclaran, the LRT to Monumento, a bus to Olongapo, and finally a jeep to Castellejos in Zambales, with directions he got from people he encountered. It took him seven hours to get from the airport to the orphanage.

“Tapos s’yempre, sa bahay ampunan, hindi ako kilala. Parang biglang, ‘O, sino ka?’” he recalls with a laugh. He managed to communicate with the pastor running the orphanage through hand gestures. “Sabi ko, I’m a high school student, tapos gusto ko mag-stay dito sana, kahit ano, gagawin ko.” The pastor agreed to let him stay.

The orphanage had been damaged by the Mt. Pinatubo eruption of 1991, and Hajime, along with some carpenters, did construction work often lasting eight hours a day. He ended up staying for a month and a half before flying home to Japan.

“Yung nasa memory ko, yung na-experience ko dito, puro masaya. Kasi mga Filipino mabait, friendly, tapos hindi nila ako kilala, tinanggap nila ako. Parang nagkaroon ako ng utang na loob. I wanted to do something for them,” he says. He was also clearly affected by all the children he saw on the streets when he was on the road from and to the airport.

Back in Tokyo, Hajime wanted to share his experiences, so he contacted newspapers, magazines, and TV programs to feature his story. That’s when donations started coming in, and interest grew among fellow Japanese students. Six months after leaving the Philippines, with some funds and 15 Japanese volunteers, Hajime came back to the orphanage.

That was the beginning of ACTION (A Child’s Trust Is Ours to Nurture), which “envision[s] a world where children are protected and have the opportunity to achieve their full potential in communities that uphold their rights and respect the dignity of people.”

Over the years, the award-winning organization has built up a list of programs to help improve the quality of life of marginalized children. Aside from assisting various orphanages, providing psycho-social intervention programs, and providing educational assistance, ACTION also has its Chikara—chikara is power in Japanese—programs: the Dance no Chikara Project (hiphop dance classes); Karate no Chikara Project (taught by Hajime, who used to coach the Philippine team); Food no Chikara Project (a feeding program); Futsal no Chikara Project (a futsal team in Olongapo made up of former streetkids); and Hasami no Chikara (Power of Scissors) Project.

The Power of Scissors Project is a long-term training program conducted

Hajime Yokota, founder of ACTION, also wanted to help unemployed parents of underprivileged kids by providing them with means to earn income. Through Ecomismo, the organization's livelihood project, 15 mothers in Malabon make wallets, pouches, slippers, and other items out of foil packets, which are then sold in Japan.



To support all programs of the organization, which employs eight professional social workers, ACTION gets funding from Japan. Hajime admits that, lately, getting funds has been difficult, partly because of the decline in the value of the yen.

But Hajime remains creative when it comes to raising funds—for one, he puts donation boxes in 56 salons in Japan—“Kahit P5,000 a year times 56, medyo malaki na yun!”—but he admits that he now has to tap funds from local sources.

Given the amount of work involved and the challenges he faces, one wonders why Hajime even bothers. Hajime, who has also stayed in India, Kenya, Rwanda, and Romania, says that he realizes how lucky he is to have been born in Japan, and that he wants all children to have the same chance at a good life.

“I met so many children na gusto nila mag-aral. Tapos I met one kid in Kenya, siya ang pinakamatalino sa elementary. Gusto niyang maging doctor para tulong sa kapwa. Kaya lang, di siya makatapos ng high school kasi mahirap lang family niya. Parang, ano ba ‘to? Unfair, di ba?”

He adds, “Siguro lahat ng bata, kahit saan, meron silang talent, meron silang gusto sa buhay, may pangarap, may potential. Pero yung potential nila, hindi magagamit if they’re born in the Philippines. Pero if they’re born in Japan, baka madami silang magagawa sa buhay. Baka yung bata dun sa Kenya, if he was born in Japan, siguro ngayon, doktor na siya.

“Parang gusto ko lang magbigay ng chance and opportunity sa lahat ng bata. Pero hanggang dun lang—ito yung chance mo, i-grab mo. Pero depende pa rin sa sipag mo kung umasenso ka or hindi.”

Hajime invites Filipinos to help him in the mission to give Filipino children a better life. “Isang Japanese, pumunta dito twenty years ago, doing charity work for children,” he says. “Sana pati kayong mga Filipino. Let’s do it together.”

If you want to help ACTION, visit its main Philippine office: 9-A 4/L, RM Centrepoint, Rizal Avenue corner Magsaysay Drive, East Tapinac, Olongapo City; call (6347) 602-1710; email info@actionman.jp; or visit its website, action.org.ph.

by top local hairstylist Jude Hipolito, as well as known hairstylists who fly in from Japan. The ACTION staff carefully screens participants, who are teenage orphans, after which professional consultants train them. These professionals will eventually help them find work in established salons.

ACTION now has plans of opening its own salon for graduates of its program. But aside from providing future livelihood for underprivileged kids, ACTION’s programs also have a hand in the character formation of participants.

The karate and dance programs, for example, have students from a jail for juvenile offenders. “Mga boys na siga, mga criminal na boys, nasa karate training sila, nasa dance lessons sila. Kasi sa mga center for youth, wala silang masyadong rehabilitation program,” explains Hajime.

“Sa karate training, for six months, wala silang uniform. After six months, meron silang exam para sa uniform. Kahit libre, feeling nila, ‘Dahil sa effort

ko ‘to! Nakuha ko ‘to dahil sa sipag ko.’ So they appreciate it,” he says.

“Marami akong narinig na parang they realize na yung effort mo, hindi sayang. Kailangan mo magsipag para umasenso. Kasi wala silang exposure sa ganun. Maraming napapaligiran ng matanda, parating sigaw, ‘Hindi mo kaya ‘yan, tamad-tamad mo!’ For the first time, alam nila na ‘pag masipag, may resulta na maganda. ‘Kapag masipag ako, yung mga gusto kong mangyari, magkakatotoo.’ So they learn, para di sila sumuko sa buhay.”

To help unemployed parents, ACTION also has a livelihood program called Ecomismo, where mothers create handicrafts which are to be sold in Japanese department stores.

ACTION also works with the Department of Social Welfare and Development (DSWD) to train house parents at children’s residential institutions, to improve the quality of care that the kids get.



For this random survey, the GH staff approached relatives in their teens to get in touch with other teens. The responses you read here came via email and text messaging.

“WHAT I *don't* TELL MY PARENTS”

WHEN CHILDREN HIT ADOLESCENCE, THEY ALL OF A SUDDEN CLAM UP AND REDIRECT THEIR CONFIDENCES ELSEWHERE.

WHAT ARE THESE KIDS KEEPING FROM THEIR PARENTS? FIND OUT HERE.

“Ever since I was small, I’ve been into different activities such as volleyball, basketball, voice lessons, dancing lessons, and others. The secret that I’ve been hiding from my parents is that I did all those things mostly for them. When I did all of those things, it made my parents really happy. Up to now, I still do some of those activities or take some of those lessons just to make my parents very happy.”

—Claire, 13

“I study far from my parents. With this liberty, I opened a bank account without them knowing! Most of my savings also go there without them knowing. I used the money I saved there to buy the expensive gadgets I want because I know if I ask them for money to buy those things, they won’t allow me.”

—Tony, 17

Compiled by Ines Bautista-Yao. All photographs are by Getty Images and are merely representative. Names of all respondents have been changed.

"Now is the first time I have a girlfriend, and my mom doesn't know. She's very strict about getting into relationships, especially while I'm still studying, so I didn't tell her. However, I told my dad because he has this attitude that 'it's natural, why be angry?' We've been together my whole high school life and I'm going to be fourth year high school already."

—James, 18

"I live two cities away from my friends. Once, I asked permission to borrow the car to head to my friend's house. When we reached the place, our driver went home, and I drove instead. I didn't tell my parents who drove us later on in the night, and I didn't tell them that I went home at 2:30 a.m. They thought my friend's sister drove, and that I got back at 12 midnight. I knew they would get mad, so I didn't say anything."

—Anna, 19

"I keep my low test grades from my parents because they would get very upset and give me a long lecture on how important my grades are, especially for my future. I find all those lectures and arguments very stressful and redundant. After class, whenever my parents ask me how my grades are, I tell them all the good grades and make sure that no low grades come out just to keep everything light and happy in the house."

—Mark, 16

"My parents are very conservative. They don't really want me hanging out with boys all the time. They also don't like it when I drink, especially because I'm still underage. So every time I'm with a guy, I just lie to my parents about it. Or if I go out with my friends, I try my best to hide from my parents that I drank."

—Tessa, 16

"I don't tell my parents the exact reason why I come home late after my curfew. I'd tell them we're eating out or my friend has to drop a number of people home when in fact I just want to stay longer and have fun."

—Marie, 16

"My parents are very strict when it comes to drinking or drugs. They do know that I involve myself in both drinking and drugs, but they don't know that I do it often with my friends. That is one thing that I keep from my parents because I am certain that they'll punish me, ground me, and give me the guilt trip if they do find out. That's just what they did to my older siblings."

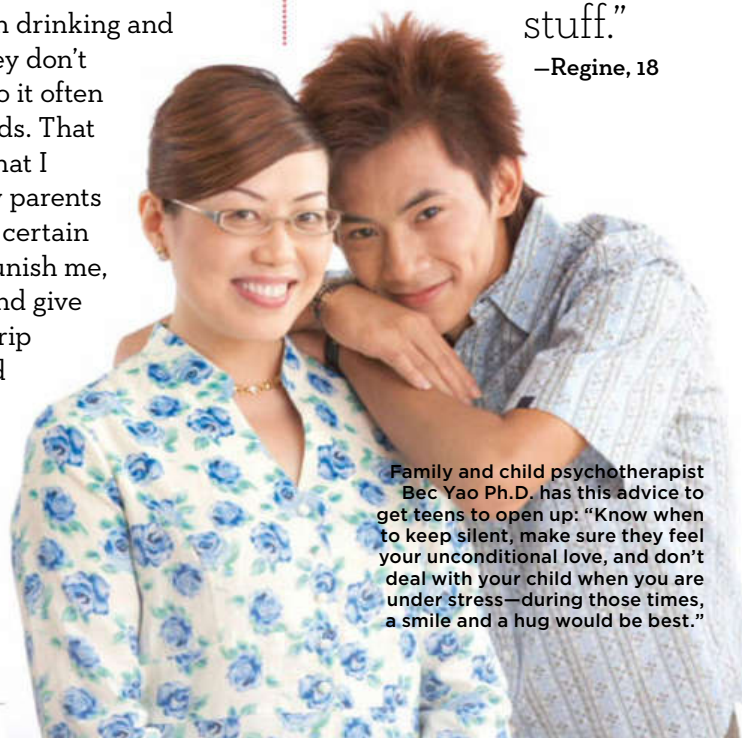
—Andrew, 17

"One of the things that they don't know about me is that I swear frequently. I swear in the house, yes, but not as much as I do when I'm out with my friends. Let's just say that my language inside the house is censored and not as crude. They also don't know I have private social media accounts that only my close friends could see."

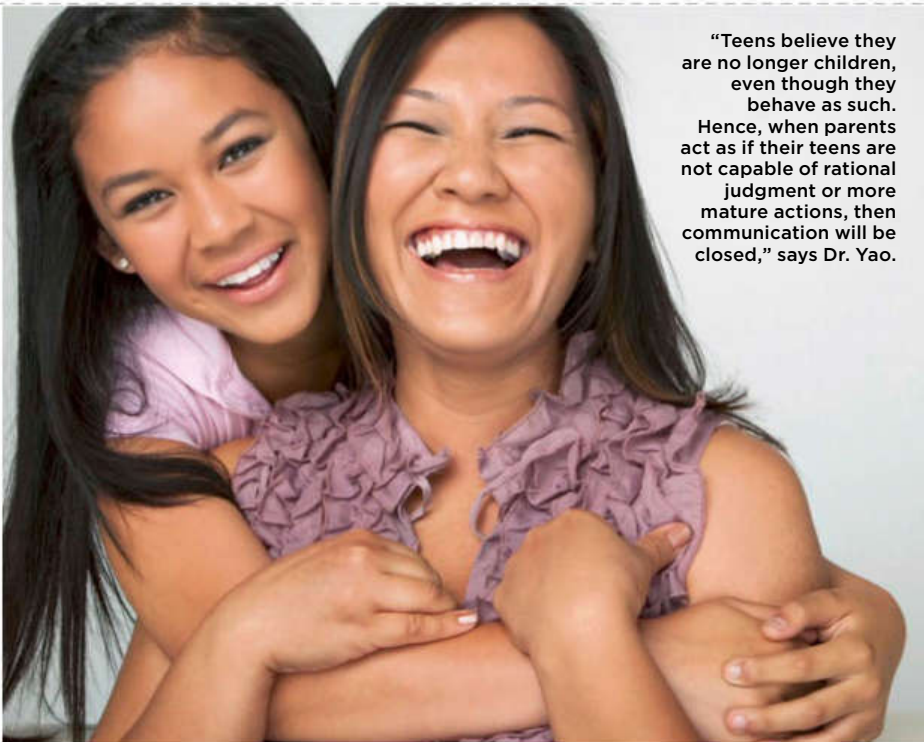
—Kat, 16

"I don't tell my parents that my boyfriend and I make out. They might die. I tell them that I'm hanging out at a friend's house, but I'm really with my boyfriend. It's not like we're having sex, but I don't think they need to know all that stuff."

—Regine, 18



Family and child psychotherapist Bec Yao Ph.D. has this advice to get teens to open up: "Know when to keep silent, make sure they feel your unconditional love, and don't deal with your child when you are under stress—during those times, a smile and a hug would be best."



"Teens believe they are no longer children, even though they behave as such. Hence, when parents act as if their teens are not capable of rational judgment or more mature actions, then communication will be closed," says Dr. Yao.

"I don't tell either of my parents most of what happens in my life or what I think about most things because my mom will probably get mad at me for something one way or another, and my dad will probably turn it into a huge joke because he can't take anything seriously."

—Sharon, 17

"Whenever I would leave for an adventure with some friends or relatives, I never tell my mom where I'm going because I know that she'll be so overprotective and won't allow me to go."

—Michelle, 15

"I don't tell my parents that there's always alcohol at the parties I attend. If I tell them, they'll freak out and not let me go out anymore."

—Denise, 17

"I don't tell my parents stuff I think they won't understand. I don't lie to my parents but I tell them 'filtered truths.' Like, if they ask me about my guy best friend, I tell them we talk regularly but I don't tell them the details of the conversations. If they ask about those details, I give the least significant ones. I also don't tell my parents stuff that will hurt them, even if it's unintentional. Like, how I feel they control me sometimes. I know that they just intend to guide me, but their perception of guidance may be different from mine. And I can't really control how I feel about their guidance. Sometimes I understand it, sometimes I don't. But the bottom line is: I love my family. I know they love me, too. I don't tell some stuff to my parents, like they don't tell some stuff to me and my sisters. There are parents-only stuff and there are teens-only stuff. I think everyone should understand that."

—Andrea, 16

HOW TO DEAL WITH YOUR TEENERS

You need to interact with them every day. Gaining back their affection does not happen overnight.

STOP CRITICIZING. It's tough for a parent not to correct. In our minds, we are teaching. We are making them better people. But do you need to find fault all the time? Do you need to put down your child's choices or tastes? Let go if it's not a big deal. Know that the voices in your teenager's head are already putting her down. Be there to support her and back her up.

DON'T EXPECT THEM TO AGREE WITH EVERYTHING YOU ASK. They are struggling to develop into grown-ups who can make their own decisions. The worst thing you can do is to railroad them into doing what you want, and to expect them to comply instantly. Explain the situation, reason with your children, have them make the choices that are best for them. If they see that you are treating their decisions with respect, they will return the favor.

KEEP THE QUESTIONS TO A MINIMUM. Have you noticed that every time you ask question after question, their answers become even more monosyllabic? An interrogation is not going to make your teenager suddenly decide to bare her/his soul to you. Allow her/him to speak to you, just ask a few questions, and make sure these aren't demanding ones. Then listen.

"My parents are very strict about the time that I should come home from a party or a friend's house. They would constantly warn me that if I'd come home later than the said time, they'd make my curfew time earlier than the previous one. Because of this, I'd tell my parents the day after I get home from a party or a friend's house that I went home before my curfew or earlier, even though I didn't. I'd keep from them the exact time that I arrived home or I'd make up excuses on why I arrived home a little late."

—Sasha, 16



"I don't tell my parents things about love: who I like, what I feel, etc. I also don't tell them when I feel lonely. They also don't know my crazy side."

—Tanya, 14

WHAT TO EXPECT

It's not only difficult when your loving child transforms into a belligerent and sarcastic teenager, it hurts, too. All of a sudden, you don't know how to deal with this person living under your roof who treats you like you know nothing about her when, before this, you were her everything.

Melissa Pizaña-Cruz, head of the parenting cluster of the Center for Family Ministries (CEFAM) at the Ateneo de Manila University and certified life coach from The Ford Institute for Integrative Coaching in the U.S., explains what happens at this stage in a teenager's life: "The closing down of communication of the teen to the parent is a result of their path to adulthood. It is in no way intentional, but part of the path of coming into one's own. Teens need to individuate themselves from their parents, and one of the areas they do this is in communication."

Pizaña-Cruz uses "Stages of Adolescent Development" (scholar Sedra Spano's research for Cornell University in New York) to paint a clearer picture of what's going on in a teen's life.

AGES 10 TO 14: Children become moody and, occasionally, rude. Less attention is paid to parents and close friendships are more important. Kids begin to realize that their parents aren't as perfect as they thought, so they begin to search for new people to love as well. Their peers are more influential when it comes to their personal interests and dress preferences. But, when stressed, these seemingly mini-adults begin to behave like children again.

AGES 15 TO 17: Teenagers become extremely concerned about their body and how they look. They turn inward, focusing on what's going on inside, and they vacillate between having unrealistically high expectations for themselves and painful worries about failure. All these new thoughts and experiences are shared and discussed at length with peers or written about in a journal, blog, or on social media. However, note that if they do express themselves online, they usually do not make their parents privy to their accounts. Because their friends have taken center stage, they not only withdraw from their parents, they also have a lowered opinion of them, probably as a result of realizing that parents are fallible and not as impregnable as they saw them as children. This psychological loss of their parents, even if the kids aren't aware of it, can cause periods of sadness.

AGES 18 TO 21: They have a better grip of who they are, have greater concern for others, can now rely on themselves, and can make their own decisions. They should also be able to delay gratification, think and weigh matters thoroughly before making choices, and can express themselves and their ideas better. It's possible they have developed a better sense of humor, too, because they aren't as self-conscious anymore, and their interests and emotions are now more stable. They are also more emotionally equipped to compromise, and they experience pride in their work.

LISTEN. With the dawn of social media, everyone is dying to get a word in. Teenagers, who have swirling emotions constantly battling each other inside their brains, need to be heard the most. They feel their parents do not listen or do not want to listen. As soon as they open up about something, their parents get angry, begin to lecture, or start to interrogate. Find out what your teenager wants to communicate, but let her do this on her own terms. Eventually, when she feels she can trust you not to disapprove of her or put her down, she will ask for your thoughts.

DON'T COMPARE THEM WITH OTHERS. All a teenager wants at this point is acceptance and love because, inside, she cannot seem to find it for herself. If her parents, the ones who are supposed to provide the unconditional love and acceptance she so desperately craves, are the first to compare her with someone else, her self-esteem will take an even deeper nosedive. Naturally, she will begin to resent the people she had expected to get love and acceptance from, and who did not give it. She/he will not divulge secrets to them. Do not be that parent.

SHOW YOU TRUST THEM. It's hard to let go and see your little one as someone who can now make her own decisions and be in charge of her own life, but this is the key to your teenager's heart. When you show that you trust them and are not constantly suspicious, they will not just begin to share their lives with you, they will begin to act worthy of that trust—a great way to prepare them for life as an adult.

The Aplasca boys (left to right): Sevi, 3; Javi, 5; Joshua, 7; Jose, 8; Nathan, 10; Gab, 13; and Sam, 16



Seventh HEAVEN

Cookie Acab-Aplasca shares what it's like to be a mom to seven boys.

I AM A MOTHER OF SEVEN—seven boys at that, and that part of me alone has roused much interest in what my life is like every day.

We never fail to catch attention wherever we go. Our family van was once thought to be a school bus, and whenever we get off from the van to go to a mall, you could see the amusement of strangers as they count the number of kids alighting. In restaurants, people would stare and talk about the noisiest table surrounded by happy and hungry boys. At my sons' school, I have risen to celebrity status, as if I hold a Guinness World Record.

Having seven sons is like feeding an army battalion—they are constantly snacking, love eating steak, and go through kilos and kilos of rice a month! Whenever we go to parties, we easily fill up one whole table. Friends call us the Von Trapp Family, and I once toyed with the idea of putting up a boy band. Our family pictures are always interesting, and people often tell me how much they enjoy seeing our photos.

Very early in our marriage, I had to go through fertility workshops just so I could conceive. It's a big surprise that we now have seven children. I can vividly recall that

the only time I cried over having another son was when I was pregnant with my third. My husband and I were hoping to have a daughter. But we have long since accepted that this is not what the Lord has planned for us. After our third son, finding out that we were expecting a boy again (as we would in the next four pregnancies), just made us laugh.

But while being a mom to seven boys is mostly amusing, I won't romanticize it. Being a mother to one is hard; how much more to seven? A day never passes without the usual challenges any parent has to go through. For me, having seven sons means seven times more than the usual petty arguments and mini-brawls of little boys, and seven times the power struggles come homework time. It was never designed to be effortless, but I have learned to breathe, live, and love this life.

From my very tentative moments as a first-time mom, I have moved up the motherhood ladder. I breast-fed all seven exclusively for almost a year, I can change nappies with my eyes closed, I can even easily figure out when my sons will have an asthma attack even before the obvious signs appear. I have come a long way from being a very unsure mother, fearful of the tininess of my firstborn. By the time the fourth, fifth, sixth,

and finally seventh son came, my friends considered me a guru.

From the outside, people think that I am Supermom, that I have supernatural powers to be able to cope with the daily struggles of parenting seven boys. But a superhero, I am not, and many days have come and gone when I just felt inadequate, that having seven sons is more than I can handle. I often question if I am doing the right thing. When I catch myself slipping into negativity, I pray really hard that the Lord will continue to grant me the resolve to accomplish the mission He has given me.

I used to ask myself for my purpose in this life. I guess God created me to be a mother—a good mother, I pray. That is why I try to give only my best for my kids. If that means having to run from end to end of their school one morning to be there for each of them, I would. My co-parents ask me how I do it—how can I be at one son's football game, at a mother-and-son camp of another, and at still another's recollection, while attending to one who is sick and following up on everybody's school work? It's at times like those when I realize that God has not only blessed us with seven children, but also with the capacity to love and support each one.

I know that I have failed many times, I have hurt them at others, and I miss the mark occasionally, but love and determination have helped me rise above the daily challenges. Never mind that my body will never shrink back to how it was ten years ago. Motherhood has changed me, enabling me to appreciate what matters most in life. Having seven sons gives me the privilege of being loved in seven different ways, getting seven times more hugs and kisses, and getting seven more opportunities to learn, love, and be loved.

I read somewhere that "being a mother is not about what you gave up to have a child, but what you have gained from having one." There are certainly many challenges, but having seven sons has blessed me in ways that cannot be counted or measured.



Cookie Acab-Aplasca is married to Mao Aplasca, an officer of the Philippine National Police. She holds a master's degree in Family Life and Child Development from the University of the Philippines. She manages several family businesses.

Text by, and photographs courtesy of, Cookie Acab-Aplasca.

your LEISURE

TAYO NA SA ANTIPOLO! • MOM ME-TIME • AT MY HOUSE

QUIRKY, ARTSY, COOL

Antipolo has long been a haven for city dwellers who desire a slower pace and a greener pasture—without needing to trek too far. Antipolo is a balm for the senses (hello, fresh air! hi, lovely vistas!), as well as for the soul (interesting art! witness this *Caravan* sculpture at Pinto Art Museum!).

Text by Maita de Jesus. Photograph by Kurt Alvarez.





Relax at a kubo by a pond at Mount Purro Nature Reserve.



Pinto Art Museum has six galleries, a museum of indigenous art, and scattered sculpture gardens.



The view from Mt. Purro

UP, UP AND AWAY TO *Antipolo*

YOU DON'T NEED TO GO FAR TO GET A DOSE OF ART, GOOD FOOD, AND SOME MOUNTAIN-FRESH AIR.



Trek around Mount Purro Nature Reserve's pretty gardens.

FRAZZLED NERVES FROM WORK AND SCHOOL, patience worn thin from being stuck in daily Metro Manila traffic—it's enough to make anyone wish for a quick break on a weekend. Luckily for urban dwellers, a great getaway for the whole family exists just 25 kilometers east of Manila. Take a breather from the daily grind without having to plan a full-blown out-of-town trip by heading to Antipolo, located in the mountainous parts of the province of Rizal.

Antipolo has long been known as the Pilgrimage Capital of the Philippines because of the famous image of Our Lady of Peace and Good Voyage, brought in from Mexico in 1626 and currently enshrined above the main altar of the Antipolo Cathedral. Nowadays—let it be known—Antipolo has more than just religious excursions to offer. Whether you're interested in modern art, culinary treats, the great outdoors, or simply in fresh air and an awesome view, Antipolo can be the place for you.

Text by Bettina Bernabe. Photographs by Danny Victorino (Luljetta's and Loreland); and courtesy of Mt. Purro, Camp Explore, and Eggs for Breakfast. All other photos by Kurt Alvarez.

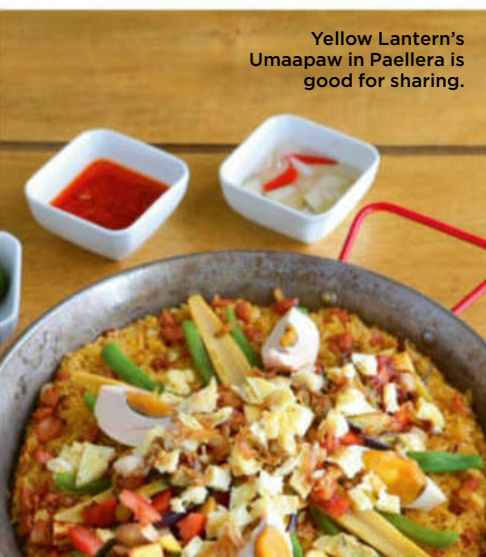
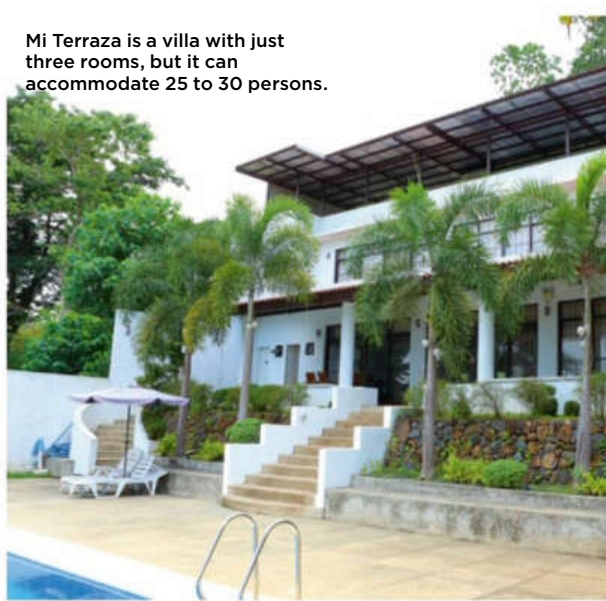


Pinto Art Museum, with its manicured gardens and pretty archways, is a popular spot for pre-nuptial wedding shoots.



Buddha's Lounge daybed at Luljetta's Hanging Gardens and Spa

Mi Terraza is a villa with just three rooms, but it can accommodate 25 to 30 persons.



Yellow Lantern's Umaapaw in Paellera is good for sharing.



Black rice suman and suman latik at Crescent Moon Café



The infinity pool at Mi Terraza



Buddha's Lounge and infinity pool at Luljetta's Hanging Gardens & Spa

GETTING THERE AND AROUND

Depending on the traffic, it could take as little as half an hour to get to Antipolo from the metropolis. By private car, it's just a drive through Sumulong Highway from Quezon City or Marikina, or through Ortigas Extension and Marcos Highway from Makati or Taguig.

Taking public transportation? Hop on the LRT-2, alight at Santolan station, and ride a jeepney or FX to Antipolo. You can also take an FX shuttle from SM Megamall along Edsa, Mandaluyong City; Robinsons Galleria along Ortigas Avenue, Quezon City; or Gateway Mall in Cubao, also in Quezon City. Bus lines also serve the Divisoria-to-Antipolo route, passing through Ortigas Avenue. Jeepneys and

tricycles abound in Antipolo, so getting around is relatively easy.

WHERE TO STAY

The road trip may be short, but why not make a weekend of it? If you're looking for a place to stay, Antipolo has some hidden gems waiting to be discovered.

Loreland Farm Resort

With eight hectares of land, Loreland Farm Resort has vast, open spaces for your family to enjoy and explore. It boasts five swimming pools, all located amongst a forest-like environment. It has clean rooms for overnight stays, and cottages in different sizes for those who would like to stay for the day and enjoy a meal at in-house restaurant The Verde, or have a spa treatment at Luljetta's Hanging Gardens & Spa. **Sitio Loreland, Barangay San Roque; (632) 696-0101 to 03, (63917) 835-2000, (63908) 873-4220, (63932) 885-7351; inquiry@loreland.com.ph; loreland.com.ph**

Cattleya Resort

Exclusive yet affordable, Cattleya Resort is a great option for families in search of either a day or overnight trip. Cool off by taking a dip in one of its nine pools. **Colaique, Sitio Ibabaw, Barangay San Roque; (632) 697-0769, (632) 911-4407, (63917) 816-9759; cattleyaresort.com**

Altaro Mountain Resort

Inspired by Mediterranean architecture and set in a refreshing landscape, Altaro provides



Emcaro Pizza at Yellow Lantren



Find cheap eats at Tiolo.

accommodations for more peaceful family getaways.

Taktak Road, Bankers Village, Barangay Sta. Cruz; (632) 913-8398, (63917) 541-2626; info@worldcitileisures.com; altaro.com.ph

Date & Dine Resort

Simple and chic, it's got everything you may need to enjoy the weekend away from everything familiar in the metro but without having to sacrifice comfort. **Begonia Drive, Beverly Hills Subdivision; (632) 571-4122; datedineresort@icloud.com; dateanddineresort.com**

Mi Terraza

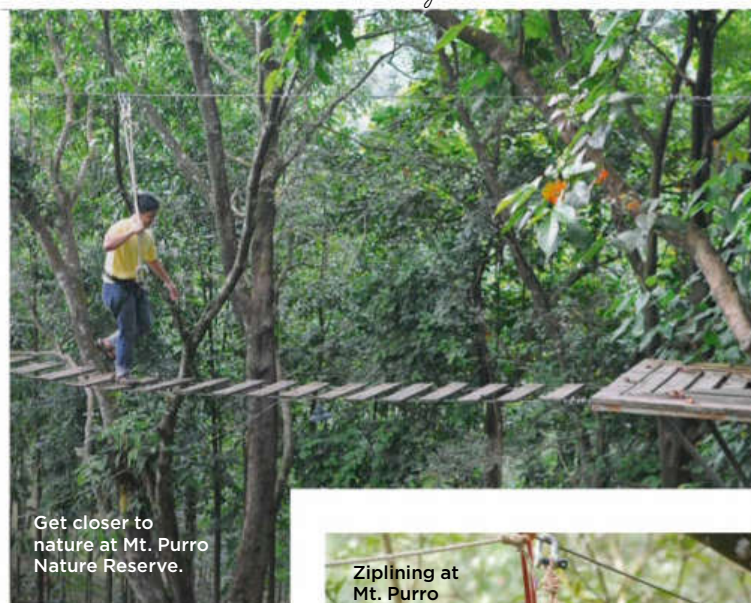
Mi Terraza sets itself apart with its modern amenities and a terrific view of the sunset. The exclusivity, straightforward style, and comfort it offers make for a luxuriously revitalizing getaway. **Grand Heights Road, Barangay San Roque; (63917) 582-3705; miterrazaresort.com**



Enjoy an afternoon of pampering with your hubby at Luljetta's



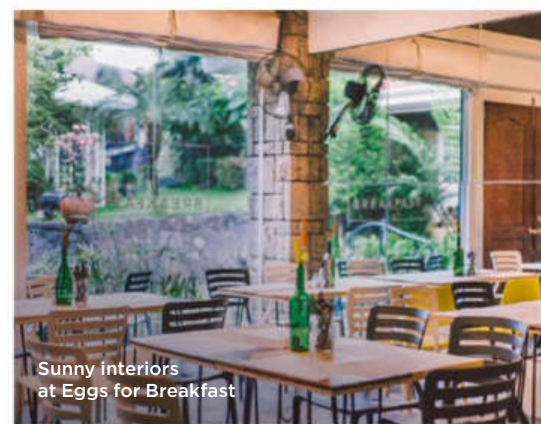
Lanelle Abueva-Fernando's ceramicware at Crescent Moon Café



Get closer to nature at Mt. Purro Nature Reserve.



Ziplining at Mt. Purro



Sunny interiors at Eggs for Breakfast



Croque Madame from Eggs for Breakfast

WHAT TO DO

Soak up some culture at Pinto Art Museum

A familiar place to art lovers, Pinto Art Museum should be a part of your family's pilgrimage. Immerse yourselves in the vast collection of modern artworks which can be found in various galleries located above and below the hilly slopes of this museum. Enjoy it all while taking in the relaxing environment, and dine in one of the cafés.

1 Sierra Madre Street, Grand Heights Subdivision, Barangay San Roque; (632) 697-1015; facebook.com/PintoArtMuseum. Open 9 a.m. to 6 p.m., Tuesday to Sunday; entrance fee at P180 for regular, P150 for senior citizens and PWD with valid IDs, P100 for students with valid school IDs, free for children 3 years old and below.

Eat and Play at Crescent Moon Café

This café offers delicious Asian-inspired food served against the backdrop of potter Lanelle Abueva-Fernando's handmade ceramics. Adults and kids of all ages can find something unexpected in this café's menu, and can try their hands at pottery and ceramic art-making.

Ascension Road, Barangay Dalig; for reservations, call (632) 234-5724, (63917) 523-2356; facebook.com/CrescentMoonCafeAndStudioPottery. Open 9 a.m. to 4 p.m., Tuesday to Sunday.

Go Camping at Mt. Purro Nature Reserve

Have a family camp-out, or rent a cottage or a cabin if you're not ready to rough it. Bike, hike, or take part in the Obstaclair, an obstacle course race in the air!

Calawis, Antipolo; (632) 986-7775; campexplore@gmail.com; campexplore.ph

Have an Adventure at Phillip's Sanctuary

The place offers outdoorsy pursuits like hiking, as well as water-based activities like fishing and kayaking. You can also zipline your way over Antipolo's mountain tops.

Sitio Panlilingan, Pestano Farm Road, Antipolo; (632) 707-8877, (63917) 706-0916; info@phillips-sanctuary.com; phillips-sanctuary.com

Relax at Luljetta's Hanging Gardens & Spa

After a long day of fun activities, relax and unwind while getting a spa treatment (or two, or three). Located inside Loreland Farm Resort, this spa offers packages that can come with an overnight stay, as well as a breathtaking view—the perfect end to your day.

Loreland Farm Resort, Sitio Loreland, Barangay San Roque; (632) 570-2532; facebook.com/Luljetta'sHangingGardens



Tiolo's very good
T-bone steak

WHERE TO EAT

Eggs for Breakfast

Tucked inside the Velada Estate in lower Antipolo, it's the perfect place to spend a lazy Sunday. Order the One Pan Breakfast (good for two), which includes bacon, sausages, mushrooms, baked beans, tomatoes, potatoes and, of course, two sunny-side-up eggs. It also has some sweet goodies such as its own version of French Toast with Berries, topped with strawberries, blueberries, whipped cream, and powdered sugar. Also serving reasonably priced coffee, this is a place that's worth staying in, even well after breakfast.

Velada Estate, 21 Don Juan Street, Villa Cecilia Subdivision, Mambuyan, Lower Antipolo City; (632) 213-2434; facebook.com/EggsForBreakfast. Open 7 a.m. to 3 p.m., Monday to Thursday; 7 a.m. to 4 p.m., and 5 p.m. to 9 p.m., Friday to Sunday.

Yellow Lantern Café

It's a café, bar, and restaurant which serves modern Asian and continental comfort food: paella and pizza, good for sharing; a variety of desserts including Churros con Chocolate with Vanilla Ice Cream; freshly brewed coffee and frappuccinos; and a lengthy bar list. With relaxed events taking place at Yellow Lantern, this may be the place for a real bonding experience with your teenage kids. **G/L, Comodaville Building, 267-269 Sumulong Highway; (632) 477-4168. Open daily, 10 a.m. to 12 m.n.**

Tipulo Modern Filipino Cuisine

Tipulo serves delicious Tinapa Lumpia, Escabecheng Alimasag, Beef Caldereta, Nilagang Tadyang ng Baka, and Kare-Kareng Buntot ng Baka, all for sharing. A meal at this restaurant is always a feast worthy of any family affair.

First Pacific Leadership Academy, Km. 27 Sumulong Highway; (632) 696-3051 local 618. Open daily, 7 a.m. to 10 p.m.

Tiolo

Straightforward and unpretentious, Tiolo can really satisfy your steak and shake cravings! Try the T-bone steak, Baby Back Ribs, Seafood Carbonara, and Spaghetti ala Puttanesca—all reasonably priced.

2145 Circumferential Road, Barangay San Roque; (632) 695-9467; facebook.com/TioloBbqSteaksPasta. Open daily, 10 a.m. to 10 p.m.

L.A. Diner

Located in lower Antipolo, this is a diner which serves almost everything that you expect from a classic fast-food place and more. You'll find all-American breakfast meals and a few Filipino dishes, soups and salads for those who prefer something lighter than usual, and, of course, burgers, chili dogs, and sandwiches. Pizza, buffalo wings, mozzarella sticks, nachos, chicken fingers, and onion rings—sure kid pleasers—are on the menu, and all for a fair price.

257 B. Soliven Avenue, Greenheights Newtown, Mayamot; (632) 681-1051; L.A. Diner on Facebook. Open daily, 11 a.m. to 11 p.m.

Vieux Chalet

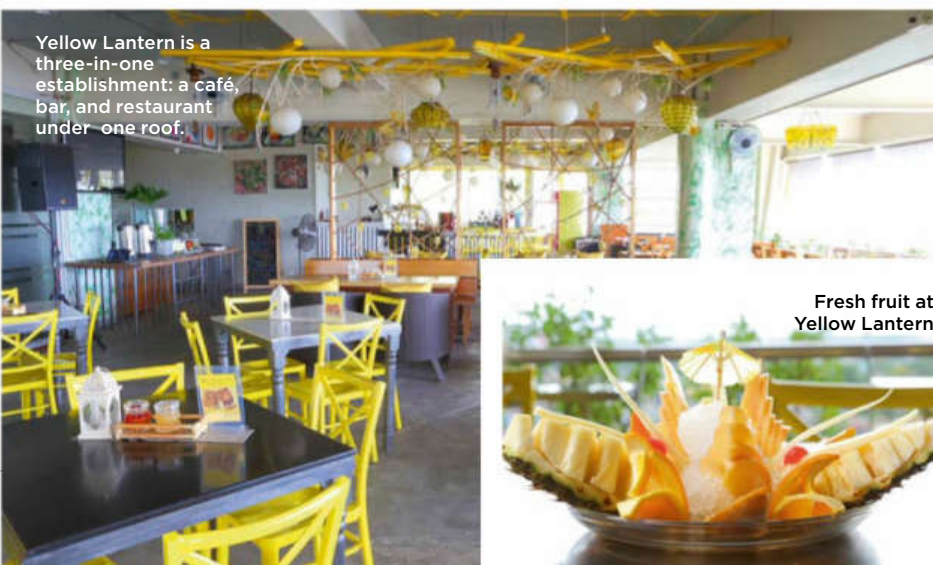
Perfect for more special occasions, this restaurant serves exquisite Swiss cuisine. Start your evening by indulging in Swiss cheeses and European sausages. Enjoy a slice of homemade Pizza Napoli or a plate of Shrimp Ravioli. For the main course, enjoy Swiss entrees such as a serving of Beef Fillet Mignon in Onion-Cream Sauce or Baked Fish a la Susana.

456 Taktak Road, Sitio Sampaguita, Barangay Santa Cruz; (632) 697-0396; vieuxchaletswissrestaurant.com. Open daily except Wednesday and Thursday, 9 a.m. to 10 p.m.

Café Lupe

Having coffee or a few drinks with family and friends while taking in a view of the Manila skyline—that is the quintessential Antipolo experience. With a menu of Mexican-inspired comfort food, Café Lupe serves up nachos that are a must-have, plus mouthwatering burritos and quesadillas! The menu also has kid-friendly selections like Crispy Chicken with Fries, and Bolognese with bread. Other menu offerings are Filipino favorites such as Grilled Tuna Belly, Shrimp Sinigang, and Crispy Pata that are all good for family sharing.

Lot 2-C and 2-B Sumulong Highway Barangay Mambuyan; (63922) 689-2898; facebook.com/cafelupe.antipolo; cafelupeantipolo.wix.com/overlooking. Open 11 a.m. to 1 a.m., Sunday and Monday; 11 a.m. to 3 a.m., Tuesday to Thursday; 11 a.m. to 4 a.m., Friday and Saturday.



Yellow Lantern is a three-in-one establishment: a café, bar, and restaurant under one roof.

Fresh fruit at
Yellow Lantern

ADVERTISING FEATURE

reader's resource

TOP PICKS FOR YOUR HOMES AND FAMILIES FOR THE MONTH OF SEPTEMBER

My Little Skin Secret

Improve the appearance of scars, stretch marks, and uneven skin tone with **Bio-Oil**. Its unique formulation, which contains the breakthrough product PurCellin Oil™ is also highly effective for aging skin and dehydrated skin. Grab your bottle now of Bio-Oil for only P495 from Mercury Drug, Watsons, and other leading drugstores nationwide.



Big Servings

Want more? Here's more! Serving dozens of dishes during big occasions will never be a problem with

Kyowa Electric Jumbo

Oven. The spacious oven cooks quickly and evenly, allowing you to enjoy flavorful dishes in no time.

Check out the latest innovation from Kyowa and get ready to serve your loved ones family style.



Save Your Energy

Want to save on electricity?

Switch to Kyowa Induction

Cooker! The induction process causes the cooking vessel to become directly heated, resulting in a faster cook. It's safe to use, as the electromagnetic currents stimulate only the pot size area;

this also means that no energy is wasted. Try the Kyowa Induction Cooker and see for yourself!



Shoes for All Ages

Good news, mommies and daddies! **Florsheim Kids USA's** ninth branch is now open at SM Megamall Bldg. A. Parents looking for stylish, quality shoes can now choose from the variety of pairs available at Florsheim Kids USA. They have shoes for infants, toddlers, older children, teenagers, and even moms with a petite shoe size!

As a brand that understands the need of each child, Florsheim Kids USA makes sure to produce only the best by using premium materials for both non-leather and leather footwear. From sandals and loafers to doll shoes and boots, parents and kids alike will have hard time choosing just one pair.

A Feast for the Senses

Seeking to inspire more aspiring chefs and foodies to follow their culinary passion, **Eastwood City** has assembled its most decorated chefs along with up-and-coming culinarians to create all-new dishes guaranteed to please the senses and satisfy the palates.



Dubbed Eastwood Food Artistry Exclusives, these masterful creations handcrafted and intricately prepared by Eastwood City's topnotch chefs will be available exclusively at participating Eastwood City establishments starting August.

For more information on Food Artistry at Eastwood City, call the Megaworld Lifestyle Malls Concierge at 709-9888, 709-0888 or 0917-8380111.

Get Rid of Body Fat

Are you having trouble eliminating body fat? **Reducin** (Anti-Obecity) is the solution to your problem! It contains Orlistat that keeps the fat from food from being absorbed by the body, resulting in a slimmer you!



If a meal is missed or contains no fat, the dose should be omitted. It's recommended that you take Reducin with vitamin supplements like Vita-E. Take your vitamin or supplement before bedtime, or at least two hours before or after you take Orlistat.

Reducin is available at all Mercury Drug stores nationwide for only P29.50. For more information, visit [facebook.com/ATCReducin](https://www.facebook.com/ATCReducin).

Start Your Morning Lite

Nothing wakes kids up like a bowl of instant noodles for breakfast. Now moms can serve their kids an even better version of their favorite meal with **Lucky Me! Lite**, made with 30% less sodium. Lucky Me! Lite is available in Chicken na Chicken and Beef na Beef Flavors.



your BOOKSHELF

CURL UP WITH A GOOD BOOK

RAINY-DAY READS

Get all cozy with one (or all) of the books from National Book Store's fiction bestseller list.



Colorless Tsukuru Tazaki and His Years of Pilgrimage by Haruki Murakami

Murakami treads on familiar territory in his latest novel: a man looking back at his younger days and reflecting on the relationships that had a tremendous impact on his life. This time, the loner (and lead) is railway designer Tsukuru Tazaki. **P499**

The Longest Ride by Nicholas Sparks

The novels of Sparks may seem formulaic (two people with different circumstances meet, fall in love, and have to overcome their differences), but there's a reason they're so successful: people really just want to believe in love. This one features a cowboy and a college student. **P315**

Shopaholic to the Stars by Sophie Kinsella

The seventh novel in the popular *Shopaholic* series, this one follows Becky Brandon (nee Bloomwood) as she moves to L.A. and dreams of becoming a personal stylist. Expect the usual comedy of errors in this light, fun read, perfect for me-time. **P349**

Adultery by Paulo Coelho

"I am a woman torn between the terror that everything might change and the equal terror that everything might carry on exactly the same for the rest of my days," says protagonist Linda. Her antidote to the dreariness of her seemingly perfect life? The book's title can't get any clearer. **P349**



WINTER IS COMING

A Song of Ice and Fire boxed set by George R.R. Martin

No TV series has quite filled Facebook news feeds as much as HBO's *Game of Thrones*. Sure, you've already seen what happens, but the novels are worth reading anyway—they give deeper insight into characters' motivations, and sometimes even have different storylines (the series made a few changes). **P1,495**

Fill that Jon Snow-shaped hole in your heart by reading the first five books of this fantasy series.

STEAMY READ

Crossfire boxed set by Sylvia Day

Crossfire features Gideon Cross and Eva Tramell, two people intensely drawn towards each other, and both tormented by the past. Some may dismiss it as just another erotic series in the grain of *Fifty Shades of Gray*, but Day's novels do showcase skillful writing, taking away some of the guilt from the pleasure. **P1,899**



Time OUT

TAKE THE TIME TO DO WHAT YOU WANT



SAVOR THE NUMEROUS DISHES OF 7FLAVORS

The compound of 7Flavors houses a bakery in front, a café on the ground floor that opens by 6 a.m., and a lunch and dinner buffet on the second floor. The café is perfect for moms waiting for their kids to come out of school, or for a quiet working day or lunch meeting. Its selection of drinks is well-thought-out, with something for those who love their coffee strong, to those who are a tad more adventurous (an Elvis milkshake, anyone?). Order a sandwich, pasta, or salad to go with your drink.

What to try: White Toddy (coffee), P150. Croque Madame, P150. Burger sliders, P150. Lunch buffet, P400/head; dinner buffet, P500/head (Mondays to Thursdays). Lunch buffet, P600/head; dinner buffet, P600/head (Fridays to Sundays).

196 A. Mabini Street, Addition Hills, San Juan City; (632) 542-1935, (632) 543-0325. Store hours: 6 a.m. – 12 m.n. daily (café), 11 a.m. – 2 p.m. and 6 p.m. – 10 p.m. daily (buffet)

HAVE A DELIGHTFUL MERIENDA AT PUZZLE CAFÉ

This quaint café is quiet, colorful, and filled with knickknacks, but the best things about it are the food and service. Dishes are not only delicious, they are creatively presented, and some are big enough to share. Complementing the dishes is the good service. (Says its general manager, Ysabella Canoy: “We now accept servers with special needs, be it autism, down syndrome, cerebral palsy, etc.”) Walk out with a happy tummy and goodies for your kids.

What to try: Asian Persuasion salad, P185. M-M-M-My Shawarma! rice, P190. Spicy Sikatuna Melt, P220.

1Comets Loop, Blue Ridge B, Blue Ridge, Quezon City; (632) 647-1054. Store hours: 11 a.m. – 9 p.m. daily



HAVE COFFEE AND UNWIND AT STAPLE AND PERK BAKERY

Staple and Perk's breads are undeniably the bakery's specialty. Its ciabatta bread is perfectly made—crispy, crusty, and chewy, all at the same time. All the dishes, especially the sandwiches, are big enough for sharing, and great when paired with the bakery's strong coffee. The bakery is open 24 hours, six days a week, so now you know where to get your caffeine or sandwich fix during those wee hours of the night.

What to try: Just Burger, P350. Bacon, Cheese, and Black Pepper Cream Pizza, P250. Regular Café Americano, P90.

Unit G06 G/L Ecoplaza Building, 2306 Pasong Tamo Extension, Makati City; (632) 832-9276. Store hours: 24 hours, Monday to Saturday; 6 a.m. – 10 p.m. Sunday





Twitter:
@daredevilchic
Instagram:
@thelollicakechic

THE FIRST THING I DO IN THE MORNING:

Check on my babies
Have a cup of coffee &
Do my devotional

MY NO. 1 HOUSE RULE:

No Lying

FAVORITE BOARD GAME:

Guess tures

FAVORITE FAMILY RITUAL:

Praying & Story Telling with
our babies before bedtime.

RECIPES I'M SCARED TO TRY:

None Really

HOUSEHOLD CHORE I ACTUALLY ENJOY:

Folding Clothes

MY FAVORITE ROOM IN THE HOUSE:

The Masters Bedroom

WHEN I'M AT HOME, I'M USUALLY...

Busy with the Kids or
working on the computer.

LJ MORENO -ALAPAG



Born: October 5, 1980
Profession: Actress,
Owner of Lollicake
Factory
Lives with:

husband,
2 Kids
and my
sister

With husband,
former pro
basketball player
Jimmy Alapag,
and their two kids

WHAT'S ALWAYS IN MY FRIDGE:

Kool-aid, Cran Ras berry,
Bottled water, Cheese

IF I HAD AN EXTRA HOUR TODAY I WOULD:

Spend more quiet time

I LOVE SHOPPING FOR:

Kids Clothes

PERSONAL MOTTO/MANTRA:

You can do anything if
only you believe and you
put God first.

I NEVER LEAVE THE HOUSE WITHOUT:

My Phone

ETIQUETTE PET PEEVE:

Not putting the
spoon & Fork together

I STAY FIT BY:

Dancing or Doing Yoga



Energy efficiency at its coolest

6th
sense[®]
technology

As intelligent sensors detect temperature changes, energy is consumed wisely by only cooling when needed, unlike ordinary refs which cool continuously.

R600a
Inverter Grade
Refrigerant

Proven to have shown better energy savings, it does not damage the ozone layer by having a short lifespan in the atmosphere making this ref an environment-friendly choice.

Thickest
Door

This minimizes loss of cold air and ensures consistent cooling and improved energy efficiency. It also adds structural stability to your refrigerator.

neo
iCHILL

INVERTER
EQUIVALENT
REFRIGERATOR

This innovative technology lets you **save up to 50% in energy consumption** while keeping every part of your refrigerator in optimal cooling temperatures. Energy savings are equivalent to that of inverter refrigerators.

Exclusively Distributed by:

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for school!*

*NIDO FORTIGROW contains nutrients that help contribute to your child's normal physical and mental development while keeping his immune system strong.

NIDO FORTIGROW Fortified Powdered Milk Drink is not suitable for infant feeding and is not a breastmilk substitute.



Good Food, Good Life